

BREAKFAST

FEBRUARY 2023

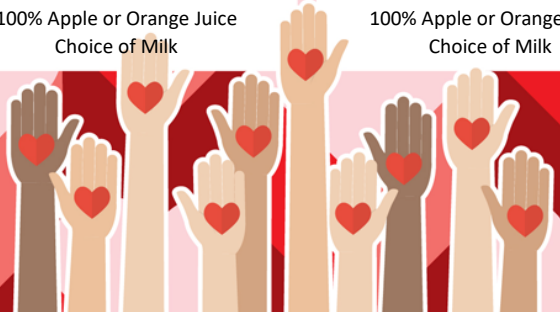
Portage Area High School

Offered Daily:
Strawberry Pop-tart, Fudge Pop-tart,
Cinnamon Toast Crunch Cereal, Lucky
Charms Cereal

**MENU SUBJECT TO CHANGE WITHOUT
NOTICE DUE TO PRODUCT AVAILABILITY**

Monday Tuesday Wednesday Thursday Friday

		<p>1</p> <p>Grab N Go Meal or Pancake & Sausage Stick Assortment of Fruits 100% Apple or Orange Juice Choice of Milk</p>	<p>2</p> <p>Grab N Go Meal or Pumpkin Swirl Roll Assortment of Fruits 100% Apple or Orange Juice Choice of Milk</p>	<p>3</p> <p>Grab N Go Meal or Egg, Sausage, and Cheese Muffin Assortment of Fruits 100% Apple or Orange Juice Choice of Milk</p>
<p>6</p> <p>Grab N Go Meal or Breakfast Pizza Assortment of Fruits 100% Apple or Orange Juice Choice of Milk</p>	<p>7</p> <p>Grab N Go Meal or Blueberry Waffle Assortment of Fruits 100% Apple or Orange Juice Choice of Milk</p>	<p>8</p> <p>Grab N Go Meal or Ham & Cheese Pocket Assortment of Fruits 100% Apple or Orange Juice Choice of Milk</p>	<p>9</p> <p>Grab N Go Meal or Cinnamon Roll Assortment of Fruits 100% Apple or Orange Juice Choice of Milk</p>	<p>10</p> <p>Grab N Go Meal or Egg, Sausage, and Cheese Muffin Assortment of Fruits 100% Apple or Orange Juice Choice of Milk</p>
<p>13</p> <p>Grab N Go Meal or Breakfast Pizza Assortment of Fruits 100% Apple or Orange Juice Choice of Milk</p>	<p>14</p> <p>Grab N Go Meal or Raspberry Turnover Assortment of Fruits 100% Apple or Orange Juice Choice of Milk</p>	<p>15</p> <p>Grab N Go Meal or Pancake & Sausage Stick Assortment of Fruits 100% Apple or Orange Juice Choice of Milk</p>	<p>16</p> <p>Grab N Go Meal or Pumpkin Swirl Roll Assortment of Fruits 100% Apple or Orange Juice Choice of Milk</p>	<p>17</p> <p>Grab N Go Meal or Egg, Sausage, and Cheese Muffin Assortment of Fruits 100% Apple or Orange Juice Choice of Milk</p>
<p>20</p> <p>No School Teachers In-Service</p>	<p>21</p> <p>Grab N Go Meal or Blueberry Waffle Assortment of Fruits 100% Apple or Orange Juice Choice of Milk</p>	<p>22</p> <p>Grab N Go Meal or Ham & Cheese Pocket Assortment of Fruits 100% Apple or Orange Juice Choice of Milk</p>	<p>23</p> <p>Grab N Go Meal or Cinnamon Roll Assortment of Fruits 100% Apple or Orange Juice Choice of Milk</p>	<p>24</p> <p>Grab N Go Meal or Egg, Sausage, and Cheese Muffin Assortment of Fruits 100% Apple or Orange Juice Choice of Milk</p>
<p>27</p> <p>Grab N Go Meal or Breakfast Pizza Assortment of Fruits 100% Apple or Orange Juice Choice of Milk</p>	<p>28</p> <p>Grab N Go Meal or Raspberry Turnover Assortment of Fruits 100% Apple or Orange Juice Choice of Milk</p>			



What is CEP and what does it mean for me?

- CEP stands for Community Eligibility Provision.
- Under CEP, all students in Portage Area School District are eligible to receive (1) breakfast and (1) lunch at no cost.

The 5 food groups to a school breakfast are:

- Meat/Meat Alternative
- Grain
- Fruit
- Vegetable
- Milk

Choice at least 3 food groups.
Take at least ½ cup fruit and/or vegetable



Meal Prices

- 2nd Breakfast - \$2.00 Adult Breakfast - \$3.00
- Milk (2nd) - \$.50
- Bottled Water (Large) - \$.50
- Bottled Water (Small) - \$.30

A copy of the menu with the nutritional and allergy information is available at: