

**BREAKFAST**

**SEPTEMBER 2022**

Portage Area High School

Offered Daily:

Benefit Bar, Chocolate Chip Crumb Cake  
Mini Strawberry Bagel, Strawberry Poptart

MENU SUBJECT TO CHANGE WITHOUT  
NOTICE DUE TO PRODUCT AVAILABILITY

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

No School



5

6

Banana Bread Slice or  
Mini Chocolate Donut or  
Banana Muffin  
Assortment of Fruits  
100% Apple or Orange Juice  
Choice of Milk

7

Banana Bread Slice or  
Mini Chocolate Donut or  
Banana Muffin  
Assortment of Fruits  
100% Apple or Orange Juice  
Choice of Milk

8

Banana Bread Slice or  
Mini Chocolate Donut or  
Banana Muffin  
Assortment of Fruits  
100% Apple or Orange Juice  
Choice of Milk

9

12

Chocolate Bread Slice or  
Mini Powder Donut or  
Blueberry Muffin  
Assortment of Fruits  
100% Apple or Orange Juice  
Choice of Milk

13

Chocolate Bread Slice or  
Mini Powder Donut or  
Blueberry Muffin  
Assortment of Fruits  
100% Apple or Orange Juice  
Choice of Milk

14

Chocolate Bread Slice or  
Mini Powder Donut or  
Blueberry Muffin  
Assortment of Fruits  
100% Apple or Orange Juice  
Choice of Milk  
Smoothie

15

Chocolate Bread Slice or  
Mini Powder Donut or  
Blueberry Muffin  
Assortment of Fruits  
100% Apple or Orange Juice  
Choice of Milk

16

Chocolate Bread Slice or  
Mini Powder Donut or  
Blueberry Muffin  
Assortment of Fruits  
100% Apple or Orange Juice  
Choice of Milk

19

Banana Bread Slice or  
Mini Chocolate Donut or  
Banana Muffin  
Assortment of Fruits  
100% Apple or Orange Juice  
Choice of Milk

20

Banana Bread Slice or  
Mini Chocolate Donut or  
Banana Muffin  
Assortment of Fruits  
100% Apple or Orange Juice  
Choice of Milk

21

Banana Bread Slice or  
Mini Chocolate Donut or  
Banana Muffin  
Assortment of Fruits  
100% Apple or Orange Juice  
Choice of Milk  
Smoothie

22

Banana Bread Slice or  
Mini Chocolate Donut or  
Banana Muffin  
Assortment of Fruits  
100% Apple or Orange Juice  
Choice of Milk

23

Banana Bread Slice or  
Mini Chocolate Donut or  
Banana Muffin  
Assortment of Fruits  
100% Apple or Orange Juice  
Choice of Milk

26

Chocolate Bread Slice or  
Mini Powder Donut or  
Blueberry Muffin  
Assortment of Fruits  
100% Apple or Orange Juice  
Choice of Milk

27

Chocolate Bread Slice or  
Mini Powder Donut or  
Blueberry Muffin  
Assortment of Fruits  
100% Apple or Orange Juice  
Choice of Milk

28

Chocolate Bread Slice or  
Mini Powder Donut or  
Blueberry Muffin  
Assortment of Fruits  
100% Apple or Orange Juice  
Choice of Milk  
Smoothie

29

Chocolate Bread Slice or  
Mini Powder Donut or  
Blueberry Muffin  
Assortment of Fruits  
100% Apple or Orange Juice  
Choice of Milk

30

Chocolate Bread Slice or  
Mini Powder Donut or  
Blueberry Muffin  
Assortment of Fruits  
100% Apple or Orange Juice  
Choice of Milk

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 1/2 cup fruit and/or vegetable.



Meal Prices

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

**A copy of the menu with the nutritional and allergy information is available at:**  
<https://www.schoolcafe.com/PortageASD>