

BREAKFAST

OCTOBER 2022

Portage Area Elementary School

Cereals Offered Daily:

- Trix
- Apple Cinnamon Cheerios
- Lucky Charms

Breakfast Kits Offered Daily:

- Fudge Pop tart
- Strawberry Pop tart
- Cocoa Puff Bar

MENU SUBJECT TO CHANGE WITHOUT NOTICE DUE TO PRODUCT AVAILABILITY

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Breakfast Pizza or Mini Strawberry Filled Bagel Assortment of Fruit 100% Juice Choice of Milk</p>	<p>4</p> <p>Egg, Sausage, & Cheese Muffin or Mini Strawberry Filled Bagel Assortment of Fruit 100% Juice Choice of Milk</p>	<p>5</p> <p>Mini Pancakes or Mini Strawberry Filled Bagel Assortment of Fruit 100% Juice Choice of Milk</p>	<p>6</p> <p>Chocolate Chip Crumb Cake or Mini Strawberry Filled Bagel Assortment of Fruit 100% Juice Choice of Milk</p>	<p>7</p> <p>Donut or Mini Strawberry Filled Bagel Assortment of Fruit 100% Juice Choice of Milk</p>
<p>10</p> <p>No School Teachers In-Service</p>	<p>11</p> <p>Omelet w/Toast or Mini Strawberry Filled Bagel Assortment of Fruit 100% Juice Choice of Milk</p>	<p>12</p> <p>French Toast Squares or Mini Strawberry Filled Bagel Assortment of Fruit 100% Juice Choice of Milk</p>	<p>13</p> <p>Raspberry Turnover or Mini Strawberry Filled Bagel Assortment of Fruit 100% Juice Choice of Milk</p>	<p>14</p> <p>Funnel Cake or Mini Strawberry Filled Bagel Assortment of Fruit 100% Juice Choice of Milk</p>
<p>17</p> <p>Breakfast Pizza or Mini Strawberry Filled Bagel Assortment of Fruit 100% Juice Choice of Milk</p>	<p>18</p> <p>Egg, Sausage, & Cheese Muffin or Mini Strawberry Filled Bagel Assortment of Fruit 100% Juice Choice of Milk</p>	<p>19</p> <p>Mini Pancakes or Mini Strawberry Filled Bagel Assortment of Fruit 100% Juice Choice of Milk</p>	<p>20</p> <p>Chocolate Chip Crumb Cake or Mini Strawberry Filled Bagel Assortment of Fruit 100% Juice Choice of Milk</p>	<p>21</p> <p>Donut or Mini Strawberry Filled Bagel Assortment of Fruit 100% Juice Choice of Milk</p>
<p>24</p> <p>Breakfast Pizza or Mini Strawberry Filled Bagel Assortment of Fruit 100% Juice Choice of Milk</p>	<p>25</p> <p>Omelet w/Toast or Mini Strawberry Filled Bagel Assortment of Fruit 100% Juice Choice of Milk</p>	<p>26</p> <p>French Toast Squares or Mini Strawberry Filled Bagel Assortment of Fruit 100% Juice Choice of Milk</p>	<p>27</p> <p>Raspberry Turnover or Mini Strawberry Filled Bagel Assortment of Fruit 100% Juice Choice of Milk</p>	<p>28</p> <p>Funnel Cake or Mini Strawberry Filled Bagel Assortment of Fruit 100% Juice Choice of Milk</p>
<p>31</p> <p>Breakfast Pizza or Mini Strawberry Filled Bagel Assortment of Fruit 100% 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:
<https://www.schoolcafe.com/PortageASD>