



BREAKFAST

OCTOBER 2023

Portage Area High School

Adult Meal Price - \$3.00

Milk Offered Daily:
Fat Free or 1%

Breakfast GNG Offered Daily:
Cinnamon Toast Crunch Bar Lucky Charms Bar,
Mini Powder Donut, Mini Chocolate Donut,
 Cookies & Cream Benefit Bar,
 Strawberry Cream Cheese Bagel

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Pizza 2 Or Grab N Go Meal Apple Slices 100% Juice Choice of Milk	Sweet Roll 3 Or Grab N Go Meal Apple Slices 100% Juice Choice of Milk	Raspberry Turnover 4 Or Grab N Go Meal Apple Slices 100% Juice Choice of Milk	Pancake & Sausage 5 Stick Or Grab N Go Meal Apple Slices 100% Juice Choice of Milk	Un crustable Breakfast 6 Sandwich Or Grab N Go Meal Apple Slices 100% Juice Choice of Milk
9 No School Teachers In-Service	Strawberry Boli 10 Or Grab N Go Meal Apple Slices 100% Juice Choice of Milk	Cinnamon Roll 11 Or Grab N Go Meal Apple Slices 100% Juice Choice of Milk	Mocha Crumble 12 Or Grab N Go Meal Apple Slices 100% Juice Choice of Milk	Apple Frudel 13 Or Grab N Go Meal Apple Slices 100% Juice Choice of Milk
Breakfast Pizza 16 Or Grab N Go Meal Apple Slices 100% Juice Choice of Milk	Blueberry Waffle 17 Or Grab N Go Meal Apple Slices 100% Juice Choice of Milk	Pumpkin Swirl Roll 18 Or Grab N Go Meal Apple Slices 100% Juice Choice of Milk	Blueberry Donut 19 Hole Cup Or Grab N Go Meal Apple Slices 100% Juice Choice of Milk	Un crustable Breakfast 20 Sandwich Or Grab N Go Meal Apple Slices 100% Juice Choice of Milk
Breakfast Pizza 23 Or Grab N Go Meal Apple Slices 100% Juice Choice of Milk	Sweet Roll 24 Or Grab N Go Meal Apple Slices 100% Juice Choice of Milk	Raspberry Turnover 25 Or Grab N Go Meal Apple Slices 100% Juice Choice of Milk	Pancake & Sausage 26 Stick Or Grab N Go Meal Apple Slices 100% Juice Choice of Milk	Un crustable Breakfast Sandwich 27 Or Grab N Go Meal Apple Slices 100% Juice Choice of Milk EARLY DISMISSAL
Chocolate Chip 30 Crumb Cake Or Grab N Go Meal Apple Slices 100% Juice Choice of Milk	Strawberry Boli 31 Or Grab N Go Meal Apple Slices 100% Juice Choice of Milk			

Now hiring Cafeteria Team Members.
For more information, contact Denise Moschgat
at 814-736-9636 ex1500 or
dmoschgat@mustangmail.org

To qualify as a free breakfast, **students must take 3(minimum) components**, Meat/Meat Alternate, Grain/Bread, Vegetable, Fruit, Milk, of which **1 must be a fruit or vegetable**. Students taking required meal components receive breakfast at no cost, otherwise per regulations, ala carte prices are in effect. Extra food/beverage items available for purchase by check or cash.

Our menus meet USDA Requirements
Menu items are subject to change

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