

**BREAKFAST**

**DECEMBER 2022**

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**

**5**  
Grab N Go Meal  
or  
Breakfast Pizza  
Assortment of Fruits  
100% Apple or Orange Juice  
Choice of Milk

**6**  
Grab N Go Meal  
or  
Raspberry Turnover  
Assortment of Fruits  
100% Apple or Orange Juice  
Choice of Milk

**7**  
Grab N Go Meal  
or  
Pancake & Sausage Stick  
Assortment of Fruits  
100% Apple or Orange Juice  
Choice of Milk

**8**  
Grab N Go Meal  
or  
Pumpkin Swirl Roll  
Assortment of Fruits  
100% Apple or Orange Juice  
Choice of Milk

**9**  
Grab N Go Meal  
or  
Egg, Sausage, and Cheese Muffin  
Assortment of Fruits  
100% Apple or Orange Juice  
Choice of Milk

**12**  
Grab N Go Meal  
or  
Breakfast Pizza  
Assortment of Fruits  
100% Apple or Orange Juice  
Choice of Milk

**13**  
Grab N Go Meal  
or  
Blueberry Waffle  
Assortment of Fruits  
100% Apple or Orange Juice  
Choice of Milk

**14**  
Grab N Go Meal  
or  
Ham & Cheese Pocket  
Assortment of Fruits  
100% Apple or Orange Juice  
Choice of Milk

**15**  
Grab N Go Meal  
or  
Cinnamon Roll  
Assortment of Fruits  
100% Apple or Orange Juice  
Choice of Milk

**16**  
Grab N Go Meal  
or  
Egg, Sausage, and Cheese Muffin  
Assortment of Fruits  
100% Apple or Orange Juice  
Choice of Milk

**19**  
Grab N Go Meal  
or  
Breakfast Pizza  
Assortment of Fruits  
100% Apple or Orange Juice  
Choice of Milk

**20**  
Grab N Go Meal  
or  
Raspberry Turnover  
Assortment of Fruits  
100% Apple or Orange Juice  
Choice of Milk

**21**  
Grab N Go Meal  
or  
Pancake & Sausage Stick  
Assortment of Fruits  
100% Apple or Orange Juice  
Choice of Milk

**22**  
Grab N Go Meal  
or  
Pumpkin Swirl Roll  
Assortment of Fruits  
100% Apple or Orange Juice  
Choice of Milk

**23**  
No School  
*Happy Holidays*

**26**  
No School/  
Christmas  
Break

**27**  
No School/  
Christmas  
Break

**28**  
No School/  
Christmas  
Break

**29**  
No School/  
Christmas  
Break

**30**  
No School/  
Christmas  
Break

**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**  
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>