

Smethport Area High School Breakfast Menu

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Egg, Ham and Cheese Sandwich Or Cereal Bar 100% Juice Fresh Fruit Low Fat Milk	Glazed Donut Ring Or Cereal Bar 100% Juice Fresh Fruit Low Fat Milk	Dutch Waffle Or Cereal Bar 100% Juice Fresh Fruit Low Fat Milk
Blueberry Muffin OR Cereal Bar 100% Juice Fresh Fruit Low Fat Milk	Sausage and Cheese Biscuit OR Cereal Bar 100% Juice Fresh Fruit Low Fat Milk	Pancake Wrap OR Cereal Bar 100% Juice Fresh Fruit Low Fat Milk	French Toast Sticks OR Cereal Bar 100% Juice Fresh Fruit Low Fat Milk	Egg and Cheese Bagel OR Cereal Bar 100% Juice Fresh Fruit Low Fat Milk
Grape Filled Crescent OR Cereal Bar 100% Juice Fresh Fruit Low Fat Milk	Breakfast Pizza OR Cereal Bar 100% Juice Fresh Fruit Low Fat Milk	Mini Cinnis OR Cereal Bar 100% Juice Fresh Fruit Low Fat Milk	Breakfast Sandwich OR Cereal Bar 100% Juice Fresh Fruit Low Fat Milk	Iced Donut OR Cereal Bar 100% Juice Fresh Fruit Low Fat Milk
	Iced Cinnamon Roll Or Cereal Bar 100% Juice Fresh Fruit Low Fat Milk	Egg, Ham and Cheese Sandwich Or Cereal Bar 100% Juice Fresh Fruit Low Fat Milk	Glazed Donut Ring Or Cereal Bar 100% Juice Fresh Fruit Low Fat Milk	Dutch Waffle Or Cereal Bar 100% Juice Fresh Fruit Low Fat Milk
Blueberry Muffin OR Cereal Bar 100% Juice Fresh Fruit Low Fat Milk	Sausage and Cheese Biscuit OR Cereal Bar 100% Juice Fresh Fruit Low Fat Milk	Pancake Wrap OR Cereal Bar 100% Juice Fresh Fruit Low Fat Milk		

What Makes a Breakfast Meal?

You must choose at least 3 of 4 components available for the school breakfast price.

Entrée, 1 Cup Fruit, and 1/2 Pint Milk

Variety of Fresh Fruit, 100% Fruit Juice and Canned Fruits available daily.



Milk Choices Offered Daily

Fat Free White, Low Fat White, Fat Free Chocolate and Low Fat Strawberry



Whole Grains
Available Daily

Proud to manage your
food service program



Meal Prices:
Paid \$1.30
Reduced \$0.40
Adult \$2.00

The Smethport Area School District does not discriminate on the basis of age, race, color, national or ethnic origin, sex or handicap in employment practices or in administration of any of its education programs and activities in accordance with applicable federal statutes and regulations. EOE