

BREAKTAST CSCHOOL For first-class learning!



come join us for

Breakfast@School



YOU'RE GETTING WARM.



One of the best
ways to avoid
getting hurt playing a sport, in
gym class, and even
on the playground is to stretch out a little
first and start off slowly
before you go all out.

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EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.

WELLNESS IS A WAY OF LIFE!

Featuring Healthy Fruits & Grains!

Blairsville-Saltsburg School District

Mon: Breakfast Pizza, Berry Bread Slice, Powdered Minis, Banana Choc Chip Benefit Bar, Cinnamon Toast Bar Asst. Cereal, Elf Grahams, Ultimate Breakfast Round, Pancake & Sausage on a Stick, Fruit & or Fruit Juice, Milk Choice.

<u>Tue</u>: Breakfast Sandwich, Banana Bread Slice, Chocolate Mini's ,French Toast Benefit Bar, Bagels w Cream Cheese, Strawberry Toaster Pastry, Asst. Cereal Elf Grahams, Fruit & or Fruit Juice, Milk Choice.

<u>Wed</u>: Fruit Parfait or Cinnamon French Toast, Powdered Mini's, Oatmeal Benefit Bar, Raspberry Cream Bar, Bagels w Cream Cheese Asst. Cereal, Elf Grahams, Ultimate Breakfast Round Fruit & or Fruit Juice, Milk Choice.

<u>Thursday</u>: Breakfast Sandwich, Cinnamon Bread Slice, Chocolate Mini's Apple Blueberry Benefit Bar, Bagels w Cream Cheese Asst. Cereal, Elf Grahams, Fruit & or Fruit Juice, Milk Choice.

<u>Fri</u>: Fruit Parfait, or Pancakes & Sausage Link, Min Cini, Cherry Frudel, Apple Turnover, Powdered Mini's Apple Blueberry Benefit Bar, Raspberry Cream Bar, Asst. Cereal, Elf Grahams, Ultimate Breakfast Round Fruit & or Fruit Juice, Milk Choice.

Breakfast \$.75



First things First

Choose at least ONE serving of FRUIT and at least THREE items TOTAL soyour meal counts as a Complete Breakfast!

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