

# Southern Tioga School District Elementary

## May 1st-June 1st 2017

Food Service Director: Tammy Stough  
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 570-638-2183 ext. 315



| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  |
|---|---|--|---|---|
| 5/1<br>Whole Grain Goody Ring<br>100% Juice<br>Fresh Fruit<br>Low Fat Milk  | 5/2<br>Whole Grain Cinnamon Bun<br>100% Juice<br>Fresh Fruit<br>Low Fat Milk      | 5/3<br>Breakfast Taco<br>100% Juice<br>Fresh Fruit<br>Low Fat Milk         | 5/4<br>French Toast Sticks w/ Syrup<br>100% Juice<br>Fresh Fruit<br>Low Fat Milk  | 5/5<br>Pancake Sausage Wrap<br>100% Juice<br>Fresh Fruit<br>Low Fat Milk  |
| 5/8<br>Cinnamon Pretzel Stick<br>100% Juice<br>Fresh Fruit<br>Low Fat Milk  | 5/9<br>Egg & Cheese Biscuit<br>100% Juice<br>Fresh Fruit<br>Low Fat Milk          | 5/10<br>Mini Waffles w/ Syrup<br>100% Juice<br>Fresh Fruit<br>Low Fat Milk | 5/11<br>Mini Pancakes<br>100% Juice<br>Fresh Fruit<br>Low Fat Milk                | 5/12<br>Mini Bagels<br>100% Juice<br>Fresh Fruit<br>Low Fat Milk          |
| 5/15<br>Whole Grain Goody Ring<br>100% Juice<br>Fresh Fruit<br>Low Fat Milk | 5/16<br>Whole Grain Cinnamon Bun<br>100% Juice<br>Fresh Fruit<br>Low Fat Milk     | 5/17<br>Breakfast Taco<br>100% Juice<br>Fresh Fruit<br>Low Fat Milk        | 5/18<br>French Toast Sticks w/ Syrup<br>100% Juice<br>Fresh Fruit<br>Low Fat Milk | 5/19<br>Pancake Sausage Wrap<br>100% Juice<br>Fresh Fruit<br>Low Fat Milk |
| 5/22<br>Cinnamon Pretzel Stick<br>100% Juice<br>Fresh Fruit<br>Low Fat Milk | 5/23<br>Egg & Cheese Biscuit<br>100% Juice<br>Fresh Fruit<br>Low Fat Milk         | 5/24<br>Mini Waffles w/ Syrup<br>100% Juice<br>Fresh Fruit<br>Low Fat Milk | 5/25<br>Mini Pancakes<br>100% Juice<br>Fresh Fruit<br>Low Fat Milk                | 5/26<br>Mini Bagels<br>100% Juice<br>Fresh Fruit<br>Low Fat Milk          |
| 5/29<br>NO SCHOOL   | 5/30<br>French Toast Sticks w/ Syrup<br>100% Juice<br>Fresh Fruit<br>Low Fat Milk | 5/31<br>Breakfast Taco<br>100% Juice<br>Fresh Fruit<br>Low Fat Milk        | 6/1<br>Whole Grain Cinnamon Bun<br>100% Juice<br>Fresh Fruit<br>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

#### Elementary Alternate Option Include:

Whole Grain Cereal and Toast

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



#### Milk Choices Offered Daily

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

Proud to manage your  
food service program



Meal Prices:  
Paid \$1.25  
Reduced .30

The 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

**MENUS SUBJECT TO CHANGE**