

# Southern Tioga High School Breakfast Menu

## April 1st-30th

Food Service Director: Tammy Stough  
 nutrition@southerntioga.org  
 570-638-2183 ext. 315



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4/3 Whole Grain Goody Ring 100% Juice Fresh Fruit Low Fat Milk	4/4 Cinnamon Bun 100% Juice Fresh Fruit Low Fat Milk	4/5 Breakfast Taco 100% Juice Fresh Fruit Low Fat Milk	4/6 French Toast Sticks w/ Syrup 100% Juice Fresh Fruit Low Fat Milk	4/7 Pancake Sausage Wrap 100% Juice Fresh Fruit Low Fat Milk
4/10 Mini Waffles 100% Juice Fresh Fruit Low Fat Milk	4/11 Cinnamon Pretzel Stick 100% Juice Fresh Fruit Low Fat Milk	4/12 Dutch Waffle 100% Juice Fresh Fruit Low Fat Milk	4/13 Mini Pancakes 100% Juice Fresh Fruit Low Fat Milk	4/14 NO SCHOOL
4/17 Whole Grain Goody Ring 100% Juice Fresh Fruit Low Fat Milk	4/18 Cinnamon Bun 100% Juice Fresh Fruit Low Fat Milk	4/19 Breakfast Taco 100% Juice Fresh Fruit Low Fat Milk	4/20 French Toast Sticks w/ Syrup 100% Juice Fresh Fruit Low Fat Milk	4/21 Pancake Sausage Wrap 100% Juice Fresh Fruit Low Fat Milk
4/24 Mini Waffles 100% Juice Fresh Fruit Low Fat Milk	4/25 Cinnamon Pretzel Stick 100% Juice Fresh Fruit Low Fat Milk	4/26 Ham, Egg & Cheese Biscuit 100% Juice Fresh Fruit Low Fat Milk	4/27 Mini Pancakes 100% Juice Fresh Fruit Low Fat Milk	4/28 Dutch Waffles 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

**High School Alternate Options May Include:**

Monday: Veggielicious Muffin  
 Tuesday: Fruit Frudel  
 Wednesday: Veggielicious Muffin  
 Thursday: Mini Cinnis  
 Friday: WG Coffee Cake

Available Daily:

Whole Grain Cereal with Toast, Breakfast Pizza, Assorted Cereal Bars

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