



# September 2022

Breakfast K-8 7:35 A.M. to 7:50 A.M.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
-----	-----	-----	-----	-----	-----	-----

Breakfast: \$1.25  
 Reduced: \$0.30  
 Milk: \$0.50

**\*Menu Subject to change**

**\*This institute is an equal opportunity employer.**



## Pomerene School Lunch Menu K-8



				Assorted Danish Fruit/ Vegetables Milk/ Juice <b>Early Dismissal</b>	<b>NO SCHOOL</b>	
<b>Nutrition requirements:</b>	<b>NO SCHOOL</b>	Cereal Fruit/ Vegetables Milk/ Juice	Ham and Cheese on English Muffin Fruit/ Vegetables Milk/ Juice	Biscuits and Gravy Sausage Patty Fruit/ Vegetables Milk/ Juice	Instant Oatmeal Fruit/ Vegetables Milk/ Juice <b>Away Game</b>	<b>*Daily breakfast alternative: Yogurt and Graham crackers.</b>
<b>Fruit Choice:</b> Min. 1/2c daily	Choc Chip Muffin Fruit/ Vegetables Milk/ Juice	Sweet Potato Pancakes Fruit/ Vegetables Milk/ Juice	Cereal Fruit/ Vegetables Milk/ Juice <b>Home Game</b>	Ham Slice and Egg Patty Fruit/ Vegetables Milk/ Juice	Sausage Pancake on a Stick Fruit/ Vegetables Milk/ Juice <b>Away Game</b>	
<b>Vegetable Choice:</b> Min. 1/2c daily						
<b>Starchy, Beans/Peas, other 1/2c daily. Red/ Orange 3/4c Wk.</b>	Instant Oatmeal Fruit/ Vegetables Milk/ Juice	Maple Waffle and Sausage Sandwich Fruit/ Vegetables Milk/ Juice	Apple Pancakes Fruit/ Vegetables Milk/ Juice	Blueberry Muffin Fruit/ Vegetables Milk/ Juice <b>Away Game</b>	Cereal Fruit/ Vegetables Milk/ Juice	
<b>Drink Choice:</b> Min. 1 Fl oz daily. Milk must be offered.	French Toast Sticks Fruit/ Vegetables Milk/ Juice	Sausage Pancake on a Stick Fruit/ Vegetables Milk/ Juice	Ham and Cheese on a Biscuit Fruit/ Vegetables Milk/ Juice	Cereal Fruit/ Vegetables Milk/ Juice <b>Early Dismissal</b>	Sweet Potato Pancakes Fruit/ Vegetables Milk/ Juice <b>Early Dismissal</b> <b>Away Game</b>	<b>Early Dismissals Out at 12:15 P.M.</b>