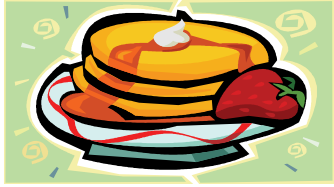


ALTOONA AREA SCHOOL DISTRICT

BREAKFAST MENU SEPTEMBER 2009



MILT MILLER
FOOD SERVICE DIRECTOR
946-8271



THIS MONTH
COMMISSIONER
NUTRITION IS
TRAVELING TO THE
MID-ATLANTIC
STATES TO
INVESTIGATE:
"APPLES"



Mon	Tue	Wed	Thu	Fri
Aug 31 Breakfast Pizza Choice of Fruit Fruit Juice Milk	Sept 1 French Toast Sticks Choice of Fruit Fruit Juice Milk	2 Egg & Cheese Sandwich Choice of Fruit Fruit Juice Milk	3 Scrambled Eggs Sausage Choice of Fruit Fruit Juice Milk	4 Waffle with Bacon Choice of Fruit Fruit Juice Milk
7 HOLIDAY NO SCHOOL 	8 Breakfast Snacker Choice of Fruit Fruit Juice Milk	9 Breakfast Burrito Choice of Fruit Fruit Juice Milk	10 Cheddar Cheese Omelet Bacon Choice of Fruit Fruit Juice Milk	11 Pancakes with Sausage Choice of Fruit Fruit Juice Milk
14 Breakfast Pizza Choice of Fruit Fruit Juice Milk	15 French Toast Sticks Choice of Fruit Fruit Juice Milk AAJHS: Breakfast Pizza	16 Egg & Cheese Sandwich Choice of Fruit Fruit Juice Milk AAJHS: Breakfast Pizza	17 Scrambled Eggs Sausage Choice of Fruit Fruit Juice Milk	18 IN-SERVICE NO SCHOOL 
21 Breakfast Pizza Choice of Fruit Fruit Juice Milk	22 Breakfast Snacker Choice of Fruit Fruit Juice Milk AAJHS: Breakfast Pizza	23 Breakfast Burrito Choice of Fruit Fruit Juice Milk AAJHS: Breakfast Pizza	24 Cheddar Cheese Omelet Bacon Choice of Fruit Fruit Juice Milk	25 Pancakes with Sausage Choice of Fruit Fruit Juice Milk AAJHS: Breakfast Pizza
28 Breakfast Pizza Choice of Fruit Fruit Juice Milk	29 French Toast Sticks Choice of Fruit Fruit Juice Milk	30 Egg & Cheese Sandwich Choice of Fruit Fruit Juice Milk	Oct 1 Scrambled Eggs Bacon Choice of Fruit Fruit Juice Milk	2 Waffle with Sausage Choice of Fruit Fruit Juice Milk
WELCOM E B A C K !!! 				

Milk Choices Include:
1% White
Skim
1% Chocolate

Available Daily:
Wheat or White Toast
Assorted Cold Cereals
Assorted Cereal Bars
Honey Buns
Yogurt Parfaits
Mini Pancakes

Fruits May Include:
Apples, Bananas,
Oranges, Grapes,
Assorted Canned Fruit,
100% Fruit Juices

MENU SUBJECT TO
CHANGE !




Metz
& Associates Ltd.