

# TCHS PENNOCKS BRIDGE BREAKFAST MENU JANUARY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>January 1</u> NO SCHOOL	<u>January 2</u> W.G. Muffin Assorted Fruit	<u>January 3</u> W.G Bagel w/ Cream Cheese Assorted Fruit	<u>January 4</u> W.G Apple Strudel Assorted Fruit	<u>January 5</u> Breakfast Sandwich Assorted Fruit
<u>January 8</u> Mini Birthday Pancake Assorted Fruit	<u>January 9</u> Cinnamon Bun Assorted Fruit	<u>January 10</u> Cinnamon Toast Crunch Bar Assorted Fruit	<u>January 11</u> Donuts Assorted Fruit	<u>January 12</u> Breakfast Sandwich Assorted Fruit
<u>January 15</u> NO SCHOOL	<u>January 16</u> Muffin Assorted Fruit	<u>January 17</u> Mini Donuts Assorted Fruit	<u>January 18</u> Frudel Cherry Wrap Strudel Assorted Fruit	<u>January 19</u> NO SCHOOL
<u>January 22</u> Mini Pancakes Assorted Fruit	<u>January 23</u> Cinnamon Bun Assorted Fruit	<u>January 24</u> Strawberry Cream Stuffed Bagel Assorted Fruit	<u>January 25</u> Benefit Bar Assorted Fruit	<u>January 26</u> Breakfast Sandwich Assorted Fruit
<u>January 29</u> Mini French Toast Assorted Fruit	<u>January 30</u> W.G. Muffin Assorted Fruit	<u>January 31</u> W.G Bagel w/ Cream Cheese Assorted Fruit		

**DAILY BREAKFAST ALTERNATE  
ENTREE:**

PB&J Uncrustable  
Hot Breakfast Sandwich  
Assorted Cereal

**BREAKFAST AND LUNCH ARE  
FREE TO ALL STUDENTS**  
**ADULT BREAKFAST PRICE:**  
**\$2.75**

**OFFER VS SERVE BREAKFAST**

½ pint 1% unfiltered or non-  
fat flavored, 4 oz. juice  
offered with each meal  
  
Assortment of fresh fruit  
and/or fruit cup available  
daily.

Students have the option of  
taking 1 or 2 fruits or 1 juice  
and/or 1 fruit.

**A reimbursable  
Breakfast has 3  
components: Grains  
(with Meat/Meat  
Alternates Allowed)  
Juice/Fruit, and Milk.  
You must choose at  
least 3 of the 4 or 5  
offered food items to  
make a reimbursable  
meal, and one of  
them **MUST** be a  
**FRUIT.****

**SYLVIE BACCARO, R.D. LDN.**  
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