



Central Fulton Breakfast Menu
March 2019
 Foodservice Director
 Julie Ramsey 717 485 3195 ext 7040



Monday	Tuesday	Wednesday	Thursday	Friday
				March 1, 2019
				EGG & CHEESE CROISSANT
				or Assorted Cereals w/ WG Toast
				Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit
				Choice of Milk
March 4, 2019	March 5, 2019	March 6, 2019	March 7, 2019	March 8, 2019
K - 5 Breakfast Pizza 6-12 Breakfast Pizza	K - 5 Donuts 6-12 Donuts	K-5 Funnel Cakes 6-12 Smoothies	K - 5 French Toast Sticks 6-12 Scrambled Eggs w/ Toast	K-5 Scrambled Eggs w/ Toast 6-12 Smoothies
or Assorted Cereals w/ WG Toast	or Assorted Cereals w/ WG Toast	or Assorted Cereals w/ WG Toast	or Assorted Cereals w/ WG Toast	or Assorted Cereals w/ WG Toast
Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk
March 11, 2019	March 12, 2019	March 13, 2019	March 14, 2019	March 15, 2019
BAGEL WITH SPREADS	BREAKFAST PIZZA	WG DONUTS	WAFFLE SYRUP	RASPBERRY OR APPLE CHURROS
or Assorted Cereals w/ WG Toast	or Assorted Cereals w/ WG Toast	or Assorted Cereals w/ WG Toast	or Assorted Cereals w/ WG Toast	or Assorted Cereals w/ WG Toast
Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk
March 18, 2019	March 19, 2019	March 20, 2019	March 21, 2019	March 22, 2019
BREAKFAST PIZZA	SOFT PRETZEL W/ CHEESE STICK	PANCAKES W/ SYRUP	YOGURT PARFAIT WITH TOAST & SPREADS	
or Assorted Cereals w/ WG Toast	or Assorted Cereals w/ WG Toast	or Assorted Cereals w/ WG Toast	or Assorted Cereals w/ WG Toast	NO SCHOOL ACT 80 DAY
Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit	
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	
March 25, 2019	March 26, 2019	March 27, 2019	March 28, 2019	March 29, 2019
BAGEL WITH SPREADS	BREAKFAST PIZZA	WG DONUTS	WAFFLE SYRUP	Apple or Cherry Strudel
or Assorted Cereals w/ WG Toast	or Assorted Cereals w/ WG Toast	or Assorted Cereals w/ WG Toast	or Assorted Cereals w/ WG Toast	or Assorted Cereals w/ WG Toast
Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk
Student Paid Breakfast \$1.50 Student Reduced Breakfast \$0.30 Adult Breakfast \$2.00				

WHOLE GRAIN CEREAL SELECTION MAY INCLUDE:
 Cinnamon Toast Crunch
 Trix
 Cocoa Puffs
 Fruity Cheerios
 Rice Crunch
 Kix
 Cheerios
 Fruit Loops
 Frosted Flakes
SOME SELECTIONS ARE REDUCED SUGAR!

What is a Meal?
 You must choose at least 3 of 4 components available, 1 of which must be a serving of fruit for the school breakfast price. Choice of grain or grain/protein, choice of fruit, and choice of milk
 1% White, Fat Free White
 Fat Free Chocolate
 Fat Free Vanilla,
 Fat Free Strawberry

FRUIT MAY INCLUDE
 Canned peaches, applesauce, canned pears, canned pineapple, fruit cocktail, canned mandarin oranges, 100% juice, fresh fruit selection



Go to www.cfsd.info and click on the foodservices link to find out how to sign up for our new online payment system.