**Breakfast menu**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>28 Main Entrée</td>
<td>29 Main Entrée</td>
<td>30 Main Entrée</td>
<td>31 Main Entrée</td>
<td>1 Main Entrée</td>
</tr>
<tr>
<td>Oatmeal Breakfast Bun Or Whole Grain Bagel</td>
<td>Cinnamon Burst Bread Or Whole Grain Bagel</td>
<td>Pancake &amp; Sausage Stick Or Whole Grain Bagel</td>
<td>Mini Pancakes Or Whole Grain Bagel</td>
<td>Breakfast Pizza Or Whole Grain Bagel</td>
</tr>
<tr>
<td>4 No School</td>
<td>5 No School</td>
<td>6 No School</td>
<td>7 No School</td>
<td>8 No School</td>
</tr>
<tr>
<td>LABOR DAY</td>
<td>LABOR DAY</td>
<td>LABOR DAY</td>
<td>LABOR DAY</td>
<td>LABOR DAY</td>
</tr>
<tr>
<td>11 Main Entrée</td>
<td>12 Main Entrée</td>
<td>13 Main Entrée</td>
<td>14 Main Entrée</td>
<td>15 Early Dismissal Half Day</td>
</tr>
<tr>
<td>French Toast Sticks Or Whole Grain Bagel</td>
<td>Egg &amp; Cheese Sandwich Or Whole Grain Bagel</td>
<td>Oatmeal Breakfast Bun Or Whole Grain Bagel</td>
<td>Mini Pancakes Or Whole Grain Bagel</td>
<td>Chicken Biscuit Or Whole Grain Bagel</td>
</tr>
</tbody>
</table>
| 18 Main Entrée | 19 Main Entrée | 20 Main Entrée | 21 No School | 22 Donut Day!
| Mini Cinnis Or Whole Grain Bagel | Pancake & Sausage Stick Or Whole Grain Bagel | Cinnamon Burst Bread Or Whole Grain Bagel | Vacation Day | |
| 25 Main Entrée | 26 Main Entrée | 27 Main Entrée | 28 Main Entrée | 29 Main Entrée |
| French Toast Sticks Or Whole Grain Bagel | Egg & Cheese Sandwich Or Whole Grain Bagel | Oatmeal Breakfast Bun Or Whole Grain Bagel | Mini Pancakes Or Whole Grain Bagel | Breakfast Pizza Or Whole Grain Bagel |

**Choose Your Healthy Breakfast!**

Breakfast Includes:
- One Main Entrée and 1-2 sides
- *One side must be a fruit or fruit juice*
- No main entrée and 3-4 sides
- *One side must be a fruit or fruit juice*

**Breakfast Sides**

- Assorted Cereal
- Mini Muffins
- Fat Free Yogurt
- Fresh Fruit/Fruit Cup
- 100% Fruit Juice
- Raisins/Craisins
- Fat free or 1% Milk
- Peanut Butter Cup
- Cream Cheese Cup

**Child Nutrition & The School Breakfast Program**

Menu meets USDA Nutrition Requirements for Breakfast*
- Calories: 350-500/breakfast
- Saturated Fat: <10% calories/breakfast
- Sodium: <540mg/breakfast
*based on weekly averages for K-5 grade levels

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*The Pittsburgh Public Schools (PPS) does not discriminate on the basis of race, color, national origin, sex, disability or age in its programs, activities or employment and provides equal access to the Boy Scouts and other designated youth groups. Inquiries may be directed to Dr. Dara Ware Allen, Title IX Coordinator or the Section 504/ADA Title II Coordinator at 341 S. Bellefield Ave, Pittsburgh, PA 15213 or 412.529.HELP (4357).*
## Monday

- **Entrée Choices**: Personal Cheese Pizza, PB & J Uncrustable
- **Side Choices**: Fresh Baby Carrots, Cherry Mixed Fruit

## Tuesday

- **Entrée Choices**: Mini Twin Cheeseburgers, Toasted Cheese
- **Side Choices**: Celery & PB Cup, Pear Cup

## Wednesday

- **Entrée Choices**: Cheese-Filled Breadsticks with Marinara Dip, PB & J Uncrustable
- **Side Choices**: Steamed Broccoli, Cinnamon Applesauce Cup

## Thursday

- **Entrée Choices**: Walking Taco with Tostitos, Toasted Cheese
- **Side Choices**: Fiesta Black Beans, Mandarin Orange Cup

## Friday

- **Entrée Choices**: Chicken Sandwich on Whole Grain Bun w Potato Rounds, PB & J Uncrustable
- **Side Choices**: Frozen Fruit Sidekick

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**Menu meets USDA Nutrition Requirements for Lunch**

- **Calories**: 550-650/lunch
- **Sodium**: <1,230 mg/lunch
- ***based on weekly averages for K-5 grade levels**

**Child Nutrition & National School Lunch Program**

- **Meals offered**: Fruit, Vegetable, Grains, Meat/Meat Alternate, Milk
- **Meal components**: Multiple options available daily

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**Harvest of the Month**

- **Grape Tomatoes**

*Enjoy a fresh Mozzarella & Tomato Salad every Thursday in your cafeteria to get a taste of these sweet tomatoes.*

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**Know Your Food**

- **Meatless Options**: Available Daily
- **Farm to School Item**: Skim & 1% Milk Available Daily
- **Pork**: Contains
- **Fresh Fruit & Veggies**: Daily

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**Choose Your Healthy Lunch**

- Choose at least 3 of the 5 meal components offered. One component selected must be a fruit or a vegetable.

**Choose MyPlate.gov**

- [www.choosemyplate.gov](http://www.choosemyplate.gov)

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**Assorted Fresh Fruits/Veggies**

- [www.pittsburghpublicschoollunch.wordpress.com](http://www.pittsburghpublicschoollunch.wordpress.com)