

Director of Food & Nutrition

Rachel Vargeson | Phone: 814.331.3906 | Email: rvargeson@northernpottersd.org

Monday 	Tuesday 	Wednesday 	Thursday 	Friday 
 Eat well, feel great, be amazing.			1 Sausage, Egg, & Cheese Bagel Toast Meal Assorted Cereal w/ Belly Bears	2 Dutch Waffle Toast Meal Assorted Cereal w/ Belly Bears
5 Mini French Toast Toast Meal Assorted Cereal w/ Belly Bears	6 Iced Donut w. Sprinkles Toast Meal Assorted Cereal w/ Belly Bears	7 Tony's Breakfast Pizza Toast Meal Assorted Cereal w/ Belly Bears	8 Egg, Ham, & Cheese on an English Muffin Toast Meal Assorted Cereal w/ Belly Bears	9 Benefit Bar Toast Meal Assorted Cereal w/ Belly Bears
12 No School	13 Cinnamon Roll Toast Meal Assorted Cereal w/ Belly Bears	14 Tony's Breakfast Pizza Toast Meal Assorted Cereal w/ Belly Bears	15 Sausage, Egg, & Cheese Bagel Toast Meal Assorted Cereal w/ Belly Bears	16 Strawberry Pancake Puffs Toast Meal Assorted Cereal w/ Belly Bears
19 SW Breakfast bowl Toast Meal Assorted Cereal w/ Belly Bears	20 Iced Donue w. Sprinkles Toast Meal Assorted Cereal w/ Belly Bears	21 Tony's Breakfast Pizza Toast Meal Assorted Cereal w/ Belly Bears	22 Egg, Ham, & Cheese on an English Muffin Toast Meal Assorted Cereal w/ Belly Bears	23 Breakfast Burrito Toast Meal Assorted Cereal w/ Belly Bears
26 Mini Cinni Toast Meal Assorted Cereal w/ Belly Bears	27 Goody Bun Toast Meal Assorted Cereal w/ Belly Bears	28 Tony's Breakfast Pizza Toast Meal Assorted Cereal w/ Belly Bears	29 Egg, Ham, & Cheese on and Enlgish Muffin Toast Meal Assorted Cereal w/ Belly Bears	30 No School
Daily Milk Options: Fat Free Chocolate & low Fat 1%				