

# Tulpy Breakfast Menu 23-24



Student Breakfast FREE

Adult Breakfast \$2.25

Menu Subject to change

**Monday** Mini Pancakes or Mini Waffles

**Tuesday** MS/HS— Warm Breakfast Sandwich

Element –French Toast Sticks

**Wednesday** Breakfast Pizza

**Thursday** Warm Breakfast Sandwich

**Friday** Mini Donuts or Mini Cinnamon Rolls

## **Also Available Daily**

- Assorted Cereal
- Cereal Bars
- Assorted Muffins
- Cinnamon Rolls
- Bagels
- Yogurt

## **Included in Breakfast Meal:**

- 2 Grain Entrée
- Choice of Assorted Fruit
- Choice of 100% Fruit Juice
- Choice of Milk

**\*must include a fruit or juice to  
make a complete breakfast meal\***

## **Research demonstrates that school**

### **breakfast consumption...**

- ✓ Boosts students' academic performance, grades and test scores
- ✓ Increases concentration, alertness, comprehension and memory
- ✓ Improves classroom behavior
- ✓ Reduces absenteeism and tardiness

## **Fast Facts about Tulpehocken School Breakfast**

Our cafeteria offers a Grab & Go breakfast that meets the nutritional guidelines for FREE.

Breakfast is served every morning except on morning delays due to weather.

**JSHS:** Breakfast is served from 7:30am until the first bell. Bags are provided for breakfast items and students are permitted to take breakfast with them to their homerooms.

**Penn Bern:** Breakfast is served from 8:35am until the first bell. Bags are provided for breakfast items and students in grade K-3 eat in the cafeteria, while students in grades 4-6 bring their breakfast back to their classroom.

**Bethel:** Breakfast is served from 8:35am until the first bell. Bags are provided for breakfast items. All students eat breakfast in the cafeteria up until 9:00am. After 9:00am students take their breakfasts back to their classrooms.

To view nutritional/allergy information, make online payments & view your child's account log on to [schoolcafe.com](http://schoolcafe.com).

In the event of a 2-hour delay, breakfast will not be served.

This institution is an equal opportunity provider.

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