

Assistant Director of Food & Nutrition
Chloe Carter | Phone: (724) 843-7470 x1327 | Email: carterc@tigerweb.org



Monday	Tuesday	Wednesday	Thursday	Friday
 Back to School Make the most of every morning this year with a healthy first meal.				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26 Cinnamon Roll Assorted Juice Assorted Lowfat Milk Alt: Assorted Cereal Bars	27 Waffle Snaps Assorted Juice Assorted Lowfat Milk Alt: Cherry Frudel	28 Mini Blueberry Pancakes Assorted Juice Assorted Lowfat Milk Alt: Zee Bar	29 Sausage Egg & Cheese Muffin Assorted Juice Assorted Lowfat Milk Alt: Benefit Bars

WHAT MAKES A BREAKFAST?

You must choose at least 3 of the 4 components
 Choice of 2 whole grains or 1 whole grain and a meat/meat alternate
 Choice of 2 fruits and Choice of low-fat milk.
 *1½ c serving of fruits or vegetables must be one of the 3 components

MILK OPTIONS

Fat Free Vanilla, 1% White, Fat Free Chocolate, 1% Strawberry

FRUIT OPTIONS

May choose 2 - ½ cup servings
 Fresh
 Apple Slices, Applesauce,
 Assorted Fruit Cups, 100% Juice

ALTERNATE MENU OPTIONS

ASSORTED CEREAL W/ JUNGLE
 CRACKERS