

Director of Food & Nutrition

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Monday	Tuesday	Wednesday	Thursday	Friday
3 Assorted Mini Loafs w/ Crackers Assorted Fruit or Juice Choice of Milk	4 Assorted Oatmeal Rounds Assorted Fruit or Juice Choice of Milk	5 French Toast sticks Assorted Fruit or Juice Choice of Milk	6 Assorted Mini Bagels Assorted Fruit or Juice Choice of Milk	7 Scrambled Eggs w/ Toast Assorted Fruit or Juice Choice of Milk
10 No School	11 No School	12 Breakfast Burrito Assorted Fruit or Juice Choice of Milk	13 Dipped Donut Assorted Fruit or Juice Choice of Milk	14 Assorted Pop Tart w/ Crackers Assorted Fruit or Juice Choice of Milk
17 Fresh Cinnamon Roll Assorted Fruit or Juice Choice of Milk	18 Goody Bun Assorted Fruit or Juice Choice of Milk	19 Maple Brown Sugar Oatmeal w/ toast Assorted Fruit or Juice Choice of Milk	20 Mini Bagged Pancakes Assorted Fruit or Juice Choice of Milk	21 Assorted Benefit Bars Assorted Fruit or Juice Choice of Milk
24 Assorted Muffins Assorted Fruit or Juice Choice of Milk	25 Fruit Yogurt Parfait w/ granola Assorted Fruit or Juice Choice of Milk	26 Breakfast Pizza Assorted Fruit or Juice Choice of Milk	27 NO SCHOOL	28 NO SCHOOL



WHAT MAKES A BREAKFAST?

You must choose at least 3 of the 4 components
 Choice of 2 whole grains, 1 whole grain and 1 meat/meat alternate, or 2 meat/meat alternates.
 Choice of 2 fruits and Choice of low-fat milk.
 *½ c serving of fruits or vegetables must be one of the 3 components

MILK OPTIONS

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

FRUIT OPTIONS

May choose 2 - ½ cup servings
 Crisp Apple, Banana, Fresh Orange, Fresh Apple Slices, Applesauce, Raisins, Craisins, Sliced Peaches, Mixed Fruit, Pineapple Tidbits, Mandarin Oranges, Diced Pears, 100% Juice

ALTERNATE MENU OPTIONS

Daily Hot Rotation:

Monday: Sausage & cheese on a bagel
 Tuesday: Egg & cheese on muffin
 Wednesday: bacon egg & cheese on a biscuit
 Thursday: Omelet w/ bacon & Toast
 Friday: ham & cheese on a muffin

Daily Options May include: Assorted cereal w/ crackers, Hard Boiled egg w/ Toast, Assorted cereal bar w/ crackers, Assorted Muffin Flats w/ crackers, Fruited Parfait w/ crackers, Mini Donuts, Dipped Donuts, Goody Ring, Assorted Muffins, Assorted Benefit Bars, Fresh Cinnamon Rolls, or Assorted Smoothies w/ crackers Hot