Fresh Eats CAFETERIA

Director of Food & Nutrition
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Monday	Tuesday	Wednesday	Thursday	Friday
3 Assorted Crescent Assorted Fruit or Juice Choice of Milk	**4** Egg & Cheese on a Muffin Assorted Fruit or Juice Choice of Milk	**5** Apple Roll Assorted Fruit or Juice Choice of Milk	**6** Cheesy Omelet w/ Toast Assorted Fruit or Juice Choice of Milk	**7** Mini French Toast Assorted Fruit or Juice Choice of Milk
10 No School	**11** No School	**12** Mini Pancakes Assorted Fruit or Juice Choice of Milk	**13** Sausage & Cheese on a Biscuit Assorted Fruit or Juice Choice of Milk	**14** Assorted Mini Loaf w/ crackers Assorted Fruit or Juice Choice of Milk
17 Goody Ring Assorted Fruit or Juice Choice of Milk	**18** Scrambled Eggs w/ Toast Assorted Fruit or Juice Choice of Milk	**19** Hot Oatmeal w/ crackers Assorted Fruit or Juice Choice of Milk	**20** Egg & Cheese Bagel Assorted Fruit or Juice Choice of Milk	**21** Assorted Benefit Bars Assorted Fruit or Juice Choice of Milk
24 Warm Cinnamon Rolls Assorted Fruit or Juice Choice of Milk	**25** Ham & Cheese on a Biscuit Assorted Fruit or Juice Choice of Milk	**26** Fruited Yogurt Parfait w/ Granola & Crackers Assorted Fruit or Juice Choice of Milk	**27** *happy Thanksgiving* NO SCHOOL	**28** NO SCHOOL

Happy Thanksgiving
We are thankful to see you every day.

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 options may include:
Assorted cereal w/ crackers
Assorted cereal bar w/ crackers
Assorted Muffin Flats w/ crackers
Hard Boiled egg/ Toast
Assorted Muffins
Hot Breakfast Sandwich
Assorted Yogurt cup w/ crackers

The Nutrition Group