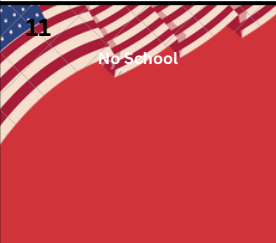






Director of Food & Nutrition

Alexis Buck | Phone: 814.835.5338 | Email: buck@mtsd.org

Monday	Tuesday	Wednesday	Thursday	Friday
3 Assorted Cereal w/ Crackers Assorted Fruit or Juice Choice of Milk	4 Muffin w/ Butter & Jelly Assorted Fruit or Juice Choice of Milk	5 Yogurt Cup w/ crackers Assorted Fruit or Juice Choice of Milk	6 Mini Loaf w/ Crackers 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 Yogurt cup w/ Crackers Assorted Fruit or Juice Choice of Milk	13 String Cheese w/ Crackers Assorted Fruit or Juice Choice of Milk	14 Assorted Mini Loaf w/ crackers Assorted Fruit or Juice Choice of Milk
17 Assorted Cereal w/ Crackers Assorted Fruit or Juice Choice of Milk	18 Mini Pancakes Assorted Fruit or Juice Choice of Milk	19 Yogurt w/ crackers Assorted Fruit or Juice Choice of Milk	20 String Cheese w/ Crackers Assorted Fruit or Juice Choice of Milk	21 Bagel w/ Cream Cheese Assorted Fruit or Juice Choice of Milk
24 Assorted Cereal w/ Crackers Assorted Fruit or Juice Choice of Milk	25 Biscuit w/ Butter & Jelly Assorted Fruit or Juice Choice of Milk	26 Yogurt Cup w/ Crackers 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 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