

Director of Food & Nutrition
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Monday	Tuesday	Wednesday	Thursday	Friday
1 Assorted Benefit Bars Assorted Fruit or Juice Choice of Milk	2 French Toast Sticks Assorted Fruit or Juice Choice of Milk	3 Blueberry Overnight Oats Assorted Fruit or Juice Choice of Milk	4 Fresh Cinnamon Roll Assorted Fruit or Juice Choice of Milk	5 Dipped Donuts Assorted Fruit or Juice Choice of Milk
8 Assorted Muffins Assorted Fruit or Juice Choice of Milk	9 Mini Bagged Pancakes Assorted Fruit or Juice Choice of Milk	10 Fruit Yogurt Parfait w/ Granola & Crackers Assorted Fruit or Juice Choice of Milk	11 Breakfast Pizza Assorted Fruit or Juice Choice of Milk	12 Cinnamon Chip Scone Assorted Fruit or Juice Choice of Milk
15 Goody Ring Assorted Fruit or Juice Choice of Milk 	16 Dutch Waffle Assorted Fruit or Juice Choice of Milk	17 Maple Brown Sugar Oatmeal Assorted Fruit or Juice Choice of Milk 	18 Pancake Bites Assorted Fruit or Juice Choice of Milk	19 Dipped Donuts Assorted Fruit or Juice Choice of Milk 
22  Assorted Soft Filled Cereal Bars Assorted Fruit or Juice Choice of Milk	23 Mini Bagels Assorted Fruit or Juice Choice of Milk	24  NO SCHOOL	25  NO SCHOOL	26  NO SCHOOL
			<h1>Happy Holidays</h1> <p>Happy days are here.</p>	

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

