

Fresh Eats

CAFETERIA

Director of Food & Nutrition

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

Monday	Tuesday	Wednesday	Thursday	Friday
1 Pull-apart Donut Assorted Fruit or Juice Choice of Milk	2 Egg & Cheese Bagel Assorted Fruit or Juice Choice of Milk	3 Assorted Muffin Flats Assorted Fruit or Juice Choice of Milk	4 Sausage & Cheese Muffin Assorted Fruit or Juice Choice of Milk	5 Mini Bagged Pancakes Assorted Fruit or Juice Choice of Milk
8 Fresh Cinnamon Roll Assorted Fruit or Juice Choice of Milk	9 Ham & Cheese Biscuit Assorted Fruit or Juice Choice of Milk	10 Fruited Yogurt Parfait w/ Granola & Crackers Assorted Fruit or Juice Choice of Milk	11 Brown Sugar Oatmeal w/ toast Assorted Fruit or Juice Choice of Milk	12 Mini Bagels Assorted Fruit or Juice Choice of Milk
15 Assorted Cereal blast Assorted Fruit or Juice Choice of Milk 	16 Breakfast Pizza Assorted Fruit or Juice Choice of Milk	17 Dipped Donut Assorted Fruit or Juice Choice of Milk 	18 Cheesy Omelet w/ Toast Assorted Fruit or Juice Choice of Milk	19 Assorted Benefit Bars Assorted Fruit or Juice Choice of Milk 
22 Mini Bagged Waffles Assorted Fruit or Juice Choice of Milk 	23 Sausage Biscuit Assorted Fruit or Juice Choice of Milk	24 NO SCHOOL 	25 Merry Christmas NO SCHOOL 	26 NO SCHOOL 
			<h2>Happy Holidays</h2> <p>Have a merry day every day.</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 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