

Fresh Eats

CAFETERIA

Director of Food & Nutrition

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Monday	Tuesday	Wednesday	Thursday	Friday
1 Assorted Whole Grain Cereal w/ Crackers Assorted Fruit or Juice Choice of Milk	2 Whole Grain Bagel w/ Cream Cheese Assorted Fruit or Juice Choice of Milk	3 Assorted Whole Grain Muffin Flats Assorted Fruit or Juice Choice of Milk	4 Whole Grain English Muffin w/ butter or Jelly Assorted Fruit or Juice Choice of Milk	5 Assorted Yogurt w/ whole grain crackers Assorted Fruit or Juice Choice of Milk
8 Assorted Whole Grain Cereal w/ Crackers Assorted Fruit or Juice Choice of Milk	9 String Cheese w/ Whole Grain Cheez its Assorted Fruit or Juice Choice of Milk	10 Mini Bagged Whole Grain Pancakes Assorted Fruit or Juice Choice of Milk	11 Mini Cream Cheese Whole Grain Bagels Assorted Fruit or Juice Choice of Milk	12 Assorted Yogurt w/ whole grain crackers Assorted Fruit or Juice Choice of Milk
15 Assorted Whole Grain Cereal w/ Crackers Assorted Fruit or Juice Choice of Milk 	16 Whole Grain Biscuit w/ butter or Jelly Assorted Fruit or Juice Choice of Milk	17 Assorted Whole Grain Muffin Tops Assorted Fruit or Juice Choice of Milk 	18 Mini bagged Whole Grain Waffles Assorted Fruit or Juice Choice of Milk	19 Assorted Yogurt w/ whole grain crackers Assorted Fruit or Juice Choice of Milk 
22 Assorted Whole Grain Cereal w/ Crackers Assorted Fruit or Juice Choice of Milk 	23 String Cheese w/ Whole Grain Belly Bears Assorted Fruit or Juice Choice of Milk	24  NO SCHOOL	25  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 or 1% White

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