

Fresh Eats

CAFETERIA

Director of Food & Nutrition

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>Start 2026 on the right foot with breakfast every day.</p>			<p>1</p> 	<p>2</p> <p>SCHOOL BREAK</p>
<p>5</p> <p>Breakfast Pizza Assorted Fruit & Juice</p>	<p>6</p> <p>Strawberry or Cinnamon Cream Cheese Filled Mini Bagel Assorted Fruit & Juice</p>	<p>7</p> <p>Sausage Pancake Bites Assorted Fruit & Juice</p>	<p>8</p> <p>Homemade Cinnamon Roll Assorted Fruit & Juice</p>	<p>9</p> <p>Dutch Waffle Assorted Fruit & Juice</p>
<p>12</p> <p>Warm Cherry or Apple Frudel Assorted Fruit & Juice</p>	<p>13</p> <p>Apple Cinnamon French Toast Assorted Fruit & Juice</p>	<p>14</p> <p>Dutch Waffle Assorted Fruit & Juice</p>	<p>15</p> <p>Sausage & Cheese Biscuit Assorted Fruit & Juice</p>	<p>16</p> <p>Iced Sprinkle Donut Assorted Fruit & Juice</p>
<p>19</p>  <p>Martin Luther King Jr. Day NO SCHOOL</p>	<p>20</p> <p>Grape or Chocolate-filled Crescent Assorted Fruit & Juice</p>	<p>21</p> <p>Mixed Berry Scone Assorted Fruit & Juice</p>	<p>22</p> <p>Dutch Waffle Assorted Fruit & Juice</p>	<p>23</p> <p>Homemade Cinnamon Roll Assorted Fruit & Juice</p>
<p>26</p> <p>Soft Filled Cinnamon Toast Crunch Bar Assorted Fruit & Juice</p>	<p>27</p> <p>Mini Pancakes Assorted Fruit & Juice</p>	<p>28</p> <p>Dutch Waffle Assorted Fruit & Juice</p>	<p>29</p> <p>Crispy Chicken Biscuit Assorted Fruit & Juice</p>	<p>30</p> <p>Iced Sprinkle Donut Assorted Fruit & Juice</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 Milk, Fat Free Chocolate Milk

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

Assorted Reduced Sugar Cereal & Crackers

Yogurt & Crackers

Assorted Whole Grain Benefit Bar