

Fresh Eats

CAFETERIA

Director of Food & Nutrition

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Monday	Tuesday	Wednesday	Thursday	Friday
2 Mini Powered Donuts Assorted Cereal w/ WG Crackers Peach Cup	3 Mini Chocolate Chip French Toast Assorted Cereal w/ WG Crackers 100% Apple Juice	4 Assorted Pop Tart w/ Jungle Crackers Assorted Cereal w/ WG Crackers Applesauce Cup	5 Mini Blueberry Pancakes Assorted Cereal w/ WG Crackers Craisins	6 Pull-A-Part Donut Assorted Cereal w/ WG Crackers Fresh Apple Slices
9 Celebration Bar Assorted Cereal w/ WG Crackers Fresh Banana	10 Honey Bun Donut Assorted Cereal w/ WG Crackers 100% Fruit Juice	11 Cinnamon Mini Bagel Assorted Cereal w/ WG Crackers Crisp Apple	12 Confetti Pancakes Assorted Cereal w/ WG Crackers 100% Fruit Juice	13 Chocolate Chip Muffin Assorted Cereal w/ WG Crackers Applesauce Cup
16 	17 Fudge Pop Tart w/ Belly Bear Crackers Assorted Cereal w/ WG Crackers Peach Cup	18 Goody Ring Assorted Cereal w/ WG Crackers Craisins	19 Chocolate Filled Crescent Assorted Cereal w/ WG Crackers Fresh Apple Slices	20 Cherry or Apple Frudel Assorted Cereal w/ WG Crackers 100% Apple Juice
23 Mini Chocolate Donuts Assorted Cereal w/ WG Crackers Fresh Banana	24 Strawberry Cream Cheese Mini Bagel Assorted Cereal w/ WG Crackers 100% Orange Juice	25 Mini French Toast Assorted Cereal w/ WG Crackers Applesauce Cup	26 Soft Filled Cinnamon Toast Crunch Bar Assorted Cereal w/ WG Crackers 100% Fruit Juice	27 Mini Powdered Donuts Assorted Cereal w/ WG Crackers Peach Cup

We love serving you healthy, tasty food.

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
 1% White, Fat Free Chocolate

FRUIT OPTIONS
 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 Cereal w/ WG Crackers
 Banana Chocolate Chunk Benefit Bar
 Celebration Benefit Bar
 Apple or Cherry Frudel
 Mini Maple Waffles
 Mini Maple Pancakes
 Mini Chocolate Chip French Toast
 Cinnamon Roll
 Assorted Muffin Flats
 Assorted Muffins

