



Director of Food & Nutrition

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Monday 	Tuesday 	Wednesday 	Thursday 	Friday 
2 Warm Cherry or Apple Frudel Assorted Fruit & Juice	3 Mini Pancakes Assorted Fruit & Juice	4 Chocolate or Grape Filled Crescents Assorted Fruit & Juice	5 Dutch Waffle Assorted Fruit & Juice	6 Mini Pancake Bites w/ Sausage Assorted Fruit & Juice
9 Breakfast Pizza Assorted Fruit & Juice	10 Fresh Baked Crispy Chicken Biscuit Assorted Fruit & Juice	11 Cinnamon Toast Crunch Soft Filled Bar Assorted Fruit & Juice	12 Cinnamon or Strawberry Cream Cheese Filled Bagel Assorted Fruit & Juice	13 Iced & Valentine Sprinkle Donut Assorted Fruit & Juice
16 	17 Mixed Berry Scone Assorted Fruit & Juice	18 Mini French Toast Assorted Fruit & Juice	19 Sausage Cheese Biscuit Egg & Cheese Biscuit Assorted Fruit & Juice	20 Homemade Cinnamon Roll Assorted Fruit & Juice
23 Dutch Waffle Assorted Fruit & Juice	24 Mini Cinnamon Roll Assorted Fruit & Juice	25 Homemade Breakfast Burrito Assorted Fruit & Juice	26 Mini Pancakes Assorted Fruit & Juice	27 Iced Sprinkle Donut Assorted Fruit & Juice



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, Fat Free Chocolate

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
Reduced Sugar Cereal w/ Crackers
Reduced Sugar Yogurt w/ Crackers
Whole Grain Benefit Bar

