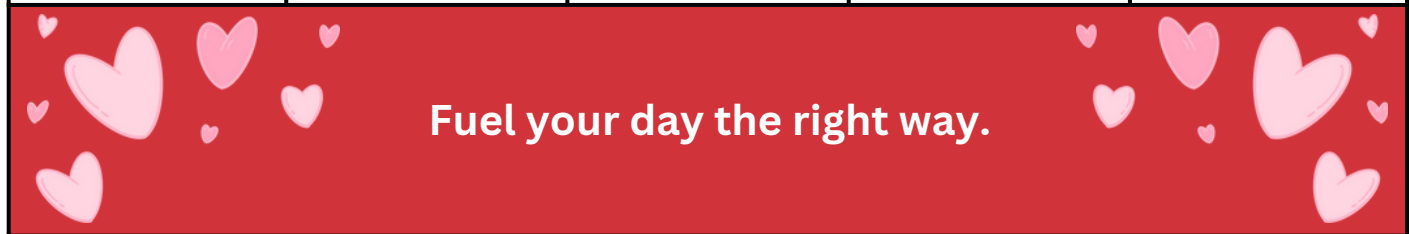


Director of Food & Nutrition

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Monday	Tuesday	Wednesday	Thursday	Friday
2 Country Sausage over a Biscuit Assorted Cereal Bars w/ Toast Assorted Juice & Fruit Assorted Low Fat Milk	3 Egg & Cheese Muffin Assorted Frudel Assorted Juice & Fruit Assorted Low Fat Milk	4 Scrambled Eggs & Toast Pull Apart Donut Assorted Juice & Fruit Assorted Low Fat Milk	5 Dutch Waffle w/ Chicken Asst. Benefits Bars Assorted Juice & Fruit Assorted Low Fat Milk	6 French Toast Sticks w/ 1 Sausage Assorted Pop Tarts w/ Crackers Assorted Juice & Fruit Assorted Low Fat Milk
9 Chicken on a Biscuit Asst Cereal w/ Toast Assorted Juice & Fruit Assorted Low Fat Milk	10 Cinnamon Roll Asst. Yogurt & Jungle Crackers Assorted Juice & Fruit Assorted Low Fat Milk	11 Breakfast Burrito Mini Choc. Chip French Toast Assorted Juice & Fruit Assorted Low Fat Milk	12 Egg & Cheese Muffin Assorted Filled Bagels Assorted Juice & Fruit Assorted Low Fat Milk	13 Iced Donut Assorted Benefit Bars Assorted Juice & Fruit Assorted Low Fat Milk
16 	17 Breakfast Pizza Warm Cocoa Puff Cereal Bar Assorted Juice & Fruit Assorted Low Fat Milk	18 Iced Donut Assorted Yogurt w/ Toast Assorted Juice & Fruit Assorted Low Fat Milk	19 Country Sausage Gray over a Biscuit Soft Filled Cinnamon Toast Crunch Cereal Bar Assorted Juice & Fruit Assorted Low Fat Milk	20 Chicken on a Biscuit PopTart w/ Toast Assorted Juice & Fruit Assorted Low Fat Milk
23 Ham, Egg, and Cheese English Muffin Assorted Frudel Assorted Juice & Fruit Assorted Low Fat Milk	24 Breakfast Burrito Assorted Benefit Bars Assorted Juice & Fruit Assorted Low Fat Milk	25 Pancakes & 1 Sausage Assorted Cereal & Jungle Crackers Assorted Juice & Fruit Assorted Low Fat Milk	26 Scrambled Eggs w/ Toast Assorted Mini Donuts Assorted Juice & Fruit Assorted Low Fat Milk	27 Breakfast Pizza Assorted Cream Cheese Filled Bagels Assorted Juice & Fruit Assorted Low Fat Milk



WHAT MAKES A BREAKFAST?
 You must choose at least 3 of the 4 components
 Choice of 2 whole grains or 1 whole grain and a meat/meat alternate
 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
Assorted Cereal & Crackers