

# Fresh Eats

CAFETERIA

Director of Food & Nutrition  
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Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Waffle Snaps Applesauce Choice of Milk	<b>3</b> Confetti Pancakes Fruit Cup Choice of Milk	<b>4</b> Chocolate Chip Muffin Top Assorted Fresh Fruit Choice of Milk	<b>5</b> Cinnamon Roll Orange Juice Choice of Milk	<b>6</b> Cereal Blast Waffle Applesauce Choice of Milk
<b>9</b> Oatmeal Round Craisins Choice of Milk	<b>10</b> Reese's Puffs Cereal Berry Juice Choice of Milk	<b>11</b> Yogurt/String Cheese Assorted Fresh Fruit Choice of Milk	<b>12</b> Honey Bun Orange Juice Choice of Milk	<b>13</b> 
<b>16</b> 	<b>17</b> Lucky Charms Berry Juice Choice of Milk	<b>18</b> Pull Apart Donut Assorted Fresh Fruit Choice of Milk	<b>19</b> Waffle Snaps Orange Juice Choice of Milk	<b>20</b> Cinnamon Roll Applesauce Choice of Milk
<b>23</b> Oatmeal Round Craisins Choice of Milk	<b>24</b> Apple Jacks Berry Juice Choice of Milk	<b>25</b> Cocoa Puffs Cereal Bar Assorted Fresh Fruit Choice of Milk	<b>26</b> Chocolate Chip Muffin Orange Juice Choice of Milk	<b>27</b>  Mini French Toast Applesauce Choice of Milk

**We love serving you healthy, tasty food.**

<p><b>WHAT MAKES A BREAKFAST?</b>                  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</p> <p><b>MILK OPTIONS</b>                  Fat Free White, 1% White, Fat Free Chocolate, Fat Free Strawberry</p>	<p><b>FRUIT OPTIONS</b>                  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</p>	<p><b>ALTERNATE MENU OPTIONS</b>                  Info tbd</p>
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