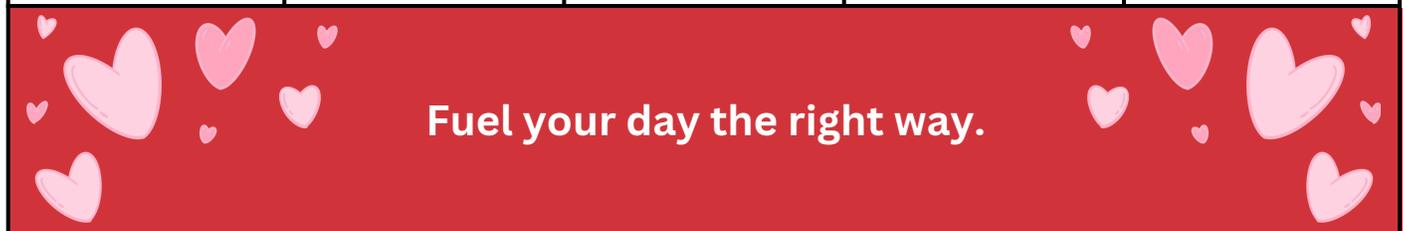


Director of Food & Nutrition
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Monday	Tuesday	Wednesday	Thursday	Friday
2 Waffle Snaps Apple Frudel Craisins Choice of Milk	3 Confetti Pancakes Mini Bagels Berry Juice Choice of Milk	4 Chocolate Chip Muffin Top Grape Crescent Assorted Fresh Fruit Choice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



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, 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
 Info TBD