

# Fresh Eats

CAFETERIA

**Cost: Students \$1.65, Adults \$2.00, Milk \$0.50**

Director of Food & Nutrition

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**National School  
Breakfast Week**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Wizardy Waffle Cakes Whole Grain Fresh-Baked Waffles Assorted Fruit & Juice  <i>Featuring Star Fruit Samples</i>	<b>3</b> Squire Scramble Scrambled Egg Baked Assorted Fruit & Juice  <i>Featuring Mango Fruit Samples</i>	<b>4</b> Par-Fae Fit for a King Fruit & Yogurt Parfaits Assorted Fruit & Juice  <i>Featuring Sumo Mandarin Orange Fruit Samples</i>	<b>5</b> Crescent Moon Croissants Crispy Filled Crescents Assorted Fruit & Juice  <i>Featuring Kiwi Fruit Samples</i>	<b>6</b> Elven Doughnuts Iced Sprinkle Donuts Assorted Fruit & Juice  <i>Featuring Dragon Fruit Samples</i>
<b>9</b> Mixed Berry Scone Assorted Fruit & Juice	<b>10</b> Breakfast Pizza Assorted Fruit & Juice	<b>11</b> Mini Pancakes Assorted Fruit & Juice	<b>12</b> Cinnamon or Strawberry Cream Cheese Filled Bagel Assorted Fruit & Juice	<b>13</b> Homemade Cinnamon Rolls Assorted Fruit & Juice
<b>16</b> Warm Cherry or Apple Frudel Assorted Fruit & Juice	<b>17</b> Shamrock Iced Sprinkle Donuts Assorted Fruit & Juice	<b>18</b> Soft Filled Cinnamon Toast Crunch Bar Assorted Fruit & Juice	<b>19</b> Sausage Cheese Biscuit Assorted Fruit & Juice	<b>20</b> Dutch Waffle Assorted Fruit & Juice
<b>23</b> Mini French Toast Assorted Fruit & Juice	<b>24</b> Fresh Baked Crispy Chicken Biscuit Assorted Fruit & Juice	<b>25</b> Mini Pancake Bites w/ Sausage Assorted Fruit & Juice	<b>26</b> Homemade Breakfast Burrito Assorted Fruit & Juice	<b>27</b> Homemade Cinnamon Roll Assorted Fruit & Juice
<b>30</b> Dutch Waffle Assorted Fruit & Juice	<b>31</b> Mini Cinnamon Roll Assorted Fruit & Juice	<h2>National Nutrition Month</h2> <p>Breakfast is a delicious way to be awake and alert.</p>		

### 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 - ¼ 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 Benet/Cereal Bar