

Director of Food & Nutrition
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National School Breakfast Week

	Monday	Tuesday	Wednesday	Thursday	Friday
2	Assorted Benefit Bars or *The Great Bagel Quest Bar* (Specialty Bagel Bar) Assorted Fruit or Juice Choice of Milk	Assorted Muffins or *The Great Bagel Quest Bar* (Specialty Bagel Bar) Assorted Fruit or Juice Choice of Milk	Fruit Yogurt Parfait w/ Granola & Crackers or *The Great Bagel Quest Bar* (Specialty Bagel Bar) Assorted Fruit or Juice Choice of Milk	Mini Cinnis or *The Great Bagel Quest Bar* (Specialty Bagel Bar) Assorted Fruit or Juice Choice of Milk	Mini Pancakes or *The Great Bagel Quest Bar* (Specialty Bagel Bar) Assorted Fruit or Juice Choice of Milk
9	Mini Donuts Assorted Fruit or Juice Choice of Milk	Cheesy Omelet Waffle Assorted Fruit or Juice Choice of Milk	Blueberry Overnight Oats Assorted Fruit or Juice Choice of Milk	Fresh Cinnamon Roll Assorted Fruit or Juice Choice of Milk	Oatmeal Rounds Assorted Fruit or Juice Choice of Milk
16	Soft Filled Cereal Bar Assorted Fruit or Juice Choice of Milk	Dipped Donuts Assorted Fruit or Juice Choice of Milk	French Toast Sticks Assorted Fruit or Juice Choice of Milk	Mini Waffles Assorted Fruit or Juice Choice of Milk	Breakfast Pizza Assorted Fruit or Juice Choice of Milk
23	Goody Ring Assorted Fruit or Juice Choice of Milk	Waffles w/ Sausage Assorted Fruit or Juice Choice of Milk	Apple Cobbler Overnight Oats Assorted Fruit or Juice Choice of Milk	Cereal Blast Assorted Fruit or Juice Choice of Milk	Zee Zee Bar Assorted Fruit or Juice Choice of Milk
30	Assorted Muffins Assorted Fruit or Juice Choice of Milk	Breakfast Burrito Assorted Fruit or Juice Choice of Milk	<h2>National Nutrition Month</h2> <p>A healthy breakfast boosts your brain power all day.</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, 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
Daily Hot Rotation:
Monday: Sausage & cheese on a bagel
Tuesday: Egg & cheese on muffin
Wednesday: bacon egg & cheese on a biscuit
Thursday: Omelet w/ bacon & Toast
Friday: ham & cheese on a muffin

Daily Options May include: Assorted cereal w/ crackers, Hard Boiled egg w/ Toast, Assorted cereal bar w/ crackers, Assorted Muffin Flats w/ crackers, Fruited Parfait w/ crackers, Mini Donuts, Dipped Donuts, Goody Ring, Assorted Muffins, Assorted Benefit Bars, Fresh Cinnamon Rolls, or Assorted Smoothies w/ crackers Hot

