

Director of Food & Nutrition
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National School Breakfast Week

| | Monday | Tuesday | Wednesday | Thursday | Friday |
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| National School Breakfast Week | 2 Assorted Benefit Bars *Omelet Bar JS Wilson* Assorted Fruit or Juice Choice of Milk | 3 Assorted Muffins *Omelet Bar Westlake* Assorted Fruit or Juice Choice of Milk | 4 Fruit Yogurt Parfait w/ Granola & Crackers *Omelet Bar Walnut Creek* Assorted Fruit or Juice Choice of Milk | 5 Royal Pancakes (Mini Pancakes w/ Fruit) Assorted Fruit or Juice Choice of Milk | 6 Dragon Iced Donuts w/ Sprinkle Assorted Fruit or Juice Choice of Milk |
| | 9 Mini Donuts Assorted Fruit or Juice Choice of Milk | 10 Cheesy Omelet Waffle Assorted Fruit or Juice Choice of Milk | 11 Blueberry Overnight Oats Assorted Fruit or Juice Choice of Milk | 12 Fresh Cinnamon Roll Assorted Fruit or Juice Choice of Milk | 13 Oatmeal Rounds Assorted Fruit or Juice Choice of Milk |
| | 16 Soft Filled Cereal Bar Assorted Fruit or Juice Choice of Milk | 17 Dipped Donuts Assorted Fruit or Juice Choice of Milk | 18 French Toast Sticks Assorted Fruit or Juice Choice of Milk | 19 Mini Waffles Assorted Fruit or Juice Choice of Milk | 20 Breakfast Pizza Assorted Fruit or Juice Choice of Milk |
| | 23 Goody Ring Assorted Fruit or Juice Choice of Milk | 24 Waffles w/ Sausage Assorted Fruit or Juice Choice of Milk | 25 Apple Cobbler Overnight Oats Assorted Fruit or Juice Choice of Milk | 26 Cereal Blast Assorted Fruit or Juice Choice of Milk | 27 Zee Zee Bar Assorted Fruit or Juice Choice of Milk |
| | 30 Assorted Muffins Assorted Fruit or Juice Choice of Milk | 31 Breakfast Burrito Assorted Fruit or Juice Choice of Milk | National Nutrition Month A healthy breakfast boosts your brain power all day. | | |

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

