

Fresh Eats

CAFETERIA

Director of Food & Nutrition

Alexis Buck | Phone: 814.397.1281 | Email: buck@mtsd.org

National School Breakfast Week

Monday	Tuesday	Wednesday	Thursday	Friday
2 Knight's Oat Porridge (baked oatmeal w/ fruit topping) Assorted fruit or Juice Choice of Milk	3 Dragon Egg Scramble (Scrambled eggs) Assorted fruit or Juice Choice of Milk	4 Royal Pancakes (Mini Pancakes w/ Fruit) Assorted fruit or Juice Choice of Milk	5 Fruit & Cheese Shields (Apple slices & String Cheese) Assorted fruit or Juice Choice of Milk	6 Adventurer's Morning Munch (Egg & Cheese Muffin) Assorted fruit or Juice Choice of Milk
9 Mini Bagels Assorted fruit or Juice Choice of Milk	10 Egg & Cheese Bagel Assorted fruit or Juice Choice of Milk	11 Fruit Yogurt Parfait w/ Granola & Crackers Assorted fruit or Juice Choice of Milk	12 Mini Maple Waffles Assorted fruit or Juice Choice of Milk	13 Benefit Bars Assorted fruit or Juice Choice of Milk
16 Assorted Muffins Assorted fruit or Juice Choice of Milk	17 Dipped Donuts Assorted fruit or Juice Choice of Milk	18 Blueberry Overnight Oats Assorted fruit or Juice Choice of Milk	19 Sausage & Cheese on Muffin Assorted fruit or Juice Choice of Milk	20 Zee Zee Bars Assorted fruit or Juice Choice of Milk
23 Mini French Toast Sticks Assorted fruit or Juice Choice of Milk	24 Egg & Cheese Biscuit Assorted fruit or Juice Choice of Milk	25 Assorted Yogurt w/ Crackers Assorted fruit or Juice Choice of Milk	26 Breakfast Pizza Assorted fruit or Juice Choice of Milk	27 Soft Filled Cereal Bars Assorted fruit or Juice Choice of Milk
30 Cinnamon Roll Assorted fruit or Juice Choice of Milk	31 Oatmeal Rounds Assorted fruit or Juice Choice of Milk	National Nutrition Month Breakfast is a delicious way to be awake and alert.		

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 options may include:
 Assorted cereal w/ crackers
 Assorted cereal bar w/ crackers
 Assorted Muffin Flats w/ crackers
 Hard Boiled egg/ Toast
 Assorted Muffins
 Hot Breakfast Sandwich
 Assorted Yogurt cup w/ crackers