

Fresh Eats

CAFETERIA

Director of Food & Nutrition

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National School Breakfast Week

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| 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 Assorted Cereal w/ WG Crackers Assorted fruit or Juice Choice of Milk | 10 WG Bagel W/ Cream Cheese Assorted fruit or Juice Choice of Milk | 11 Assorted Yogurt w/ WG Crackers Assorted fruit or Juice Choice of Milk | 12 Mini Maple WG Waffles Assorted fruit or Juice Choice of Milk | 13 String Cheese w/ WG Crackers Assorted fruit or Juice Choice of Milk |
| 16 Assorted WG Muffins Assorted fruit or Juice Choice of Milk | 17 Mini WG French Toast Assorted fruit or Juice Choice of Milk | 18 Assorted Yogurt w/ WG Crackers Assorted fruit or Juice Choice of Milk | 19 Sausage & Cheese on WG Muffin Assorted fruit or Juice Choice of Milk | 20 String Cheese w/ WG Cheez Its Assorted fruit or Juice Choice of Milk |
| 23 Assorted Cereal w/ WG Crackers Assorted fruit or Juice Choice of Milk | 24 Egg & Cheese WG Biscuit Assorted fruit or Juice Choice of Milk | 25 Assorted Yogurt w/ WG Crackers Assorted fruit or Juice Choice of Milk | 26 WG Bagel w/ Cream Cheese Assorted fruit or Juice Choice of Milk | 27 WG Biscuit w/ butter or Jelly Assorted fruit or Juice Choice of Milk |
| 30 Assorted WG Muffins Assorted fruit or Juice Choice of Milk | 31 Mini WG Panckes 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

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