

Director of Food & Nutrition
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National School Breakfast Week

Monday	Tuesday	Wednesday	Thursday	Friday
2 Assorted Benefit Bars Assorted Fruit or Juice Choice of Milk	3 Assorted Muffins Assorted Fruit or Juice Choice of Milk	4 Fruit Yogurt Parfait w/ Granola & Crackers Assorted Fruit or Juice Choice of Milk	5 Mini Bagels 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 Assorted Crescent 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 Assorted Poptart w/ Crackers Assorted Fruit or Juice Choice of Milk	19 Pull-a-part Donut Assorted Fruit or Juice Choice of Milk	20 Assorted Cereal Bar w/ Crackers Assorted Fruit or Juice Choice of Milk
23 Goody Ring Assorted Fruit or Juice Choice of Milk	24 Assorted Frudels 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 Assorted Benefit Bars 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

