

Student Cost \$1.65, Adult Cost \$2.00, Milk \$0.50

Fresh Eats

CAFETERIA

Director of Food & Nutrition

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Monday	Tuesday	Wednesday	Thursday	Friday
		1 Cherry or Apple Frudel Assorted Fruit & Juice	2 NO SCHOOL	3 NO SCHOOL
6 NO SCHOOL	7 Mixed Berry Scone Assorted Fruit & Juice	8 Mini Confetti Pancakes w/ Syrup Assorted Fruit & Juice	9 Egg & Cheese Biscuit Sandwich Assorted Fruit & Juice	10 Iced Sprinkle Donut Assorted Fruit & Juice
13 Strawberry or Cinnamon Cream Cheese Filled Bagel Assorted Fruit & Juice	14 Chocolate or Grape Crescent Assorted Fruit & Juice	15 Cheesy Scrambled Eggs w/ Whole Grain Toast Assorted Fruit & Juice	16 Mini Chocolate Chip French Toast Assorted Fruit & Juice	17 Homemade Cinnamon Roll Assorted Fruit & Juice
20 Mini Maple Madness Waffle w/ Syrup Assorted Fruit & Juice	21 Homemade Breakfast Burrito Assorted Fruit & Juice	22 Soft Filled Cinnamon Toast Crunch Bar Assorted Fruit & Juice 	23 Dutch Waffle Assorted Fruit & Juice	24 Iced Sprinkle Donut Assorted Fruit & Juice
27 Mini Pancake Bites w/ Sausage Assorted Fruit & Juice	28 Dutch Waffle Assorted Fruit & Juice	29 Cherry or Apple Frudel Assorted Fruit & Juice	30 Mini Cinnamon Roll Assorted Fruit & Juice	

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, Fat Free Chocolate

FRUIT OPTIONS

May choose 2 - ½ cup servings
 Crisp Apple, Banana, Fresh Orange, Fresh Apple Slices, Applesauce, Raisins, Craisins, 100% Juice

ALTERNATE MENU OPTIONS

Reduced Sugar Whole Grain Cereal & Crackers
 Reduced Sugar Yogurt & Crackers
 Whole Grain Benefit Bar
 Assorted Whole Grain Muffin