


# Fresh Eats

CAFETERIA

Director of Food & Nutrition  
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Monday	Tuesday	Wednesday	Thursday	Friday
<p>The very best days start with a very good breakfast.</p>				<p><b>1</b></p> <p>Assorted Zee Zee Bars</p> <p>Assorted Fruit or Juice Choice of Milk</p>
<p><b>4</b></p> <p>French Toast Sticks</p> <p>Assorted Fruit or Juice Choice of Milk</p>	<p><b>5</b></p> <p>Egg &amp; cheese Biscuit</p> <p>Assorted Fruit or Juice Choice of Milk</p>	<p><b>6</b></p> <p>Maple Brown Sugar Oatmeal</p> <p>Assorted Fruit or Juice Choice of Milk</p>	<p><b>7</b></p> <p>Breakfast Pizza</p> <p>Assorted Fruit or Juice Choice of Milk</p>	<p><b>8</b></p> <p>Soft Filled Cereal Bar</p> <p>Assorted Fruit or Juice Choice of Milk</p>
<p><b>11</b></p> <p>Cinnamon Roll</p> <p>Assorted Fruit or Juice Choice of Milk</p>	<p><b>12</b></p> <p>Sausage &amp; Cheese Bagel</p> <p>Assorted Fruit or Juice Choice of Milk</p>	<p><b>13</b></p> <p>Fruit &amp; Yogurt Parfait w/ Granola &amp; Crackers</p> <p>Assorted Fruit or Juice Choice of Milk</p>	<p><b>14</b></p> <p>Egg &amp; cheese Muffin</p> <p>Assorted Fruit or Juice Choice of Milk</p>	<p><b>15</b></p> <p>Assorted Muffins</p> <p>Assorted Fruit or Juice Choice of Milk</p>
<p><b>18</b></p> <p>Oatmeal Rounds</p> <p>Assorted Fruit or Juice Choice of Milk</p>	<p><b>19</b></p> <p>Cheesy Scrambled Eggs w/ Toast</p> <p>Assorted Fruit or Juice Choice of Milk</p>	<p><b>20</b></p> <p>Mini Maple Pancakes</p> <p>Assorted Fruit or Juice Choice of Milk</p>	<p><b>21</b></p> <p>Ham &amp; Cheese on Biscuit</p> <p>Assorted Fruit or Juice Choice of Milk</p>	<p><b>22</b></p> <p>Mini Cinnis</p> <p>Assorted Fruit or Juice Choice of Milk</p>
<p><b>25</b></p> 	<p><b>26</b></p> <p>Egg &amp; cheese Bagel</p> <p>Assorted Fruit or Juice Choice of Milk</p>	<p><b>27</b></p> <p>Fruit &amp; Yogurt Parfait w/ Granola &amp; crackers</p> <p>Assorted Fruit or Juice Choice of Milk</p>	<p><b>28</b></p> <p>Mini Maple Waffles</p> <p>Assorted Fruit or Juice Choice of Milk</p>	<p><b>29</b></p> <p>Assorted Benefit Bars</p> <p>Assorted Fruit or Juice Choice of Milk</p>

### 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

1% White, fat Free Chocolate, vanilla, white, or 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