



Director of Food & Nutrition  
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Monday	Tuesday	Wednesday	Thursday	Friday
<p>Two servings of fruit before first period gets your day in a groove.</p>				<p><b>1</b></p> <p>Cinnamon roll</p> <p>Assorted fruit or Juice</p> <p>Choice of Milk</p>
<p><b>4</b></p> <p>Mini Cinnis</p> <p>Assorted fruit or Juice</p> <p>Choice of Milk</p>	<p><b>5</b></p> <p>Assorted Benefit Bars</p> <p>Assorted fruit or Juice</p> <p>Choice of Milk</p>	<p><b>6</b></p> <p>Assorted Cereal Bar w/ Crackers</p> <p>Assorted fruit or Juice</p> <p>Choice of Milk</p>	<p><b>7</b></p> <p>Cereal Blast</p> <p>Assorted fruit or Juice</p> <p>Choice of Milk</p>	<p><b>8</b></p> <p>Assorted Pop tarts w/ Crackers</p> <p>Assorted fruit or Juice</p> <p>Choice of Milk</p>
<p><b>11</b></p> <p>Oatmeal Rounds</p> <p>Assorted fruit or Juice</p> <p>Choice of Milk</p>	<p><b>12</b></p> <p>Assorted Frudels</p> <p>Assorted fruit or Juice</p> <p>Choice of Milk</p>	<p><b>13</b></p> <p>Assorted Muffins</p> <p>Assorted fruit or Juice</p> <p>Choice of Milk</p>	<p><b>14</b></p> <p>Goody Ring</p> <p>Assorted fruit or Juice</p> <p>Choice of Milk</p>	<p><b>15</b></p> <p>Assorted Zee Zee Bar</p> <p>Assorted fruit or Juice</p> <p>Choice of Milk</p>
<p><b>18</b></p> <p>Assorted Benefit Bars</p> <p>Assorted fruit or Juice</p> <p>Choice of Milk</p>	<p><b>19</b></p> <p>Assorted Cereal w/ Crackers</p> <p>Assorted Fruit or Juice</p> <p>Choice of Milk</p>	<p><b>20</b></p> <p>Mini Bagels</p> <p>Assorted fruit or Juice</p> <p>Choice of Milk</p>	<p><b>21</b></p> <p>Goody Bun</p> <p>Assorted Fruit or Juice</p> <p>Choice of Milk</p>	<p><b>22</b></p> <p>Assorted Muffins</p> <p>Assorted Fruit or Juice</p> <p>Choice of Milk</p>
<p><b>25</b></p>	<p><b>26</b></p> <p>Pull-a-part Donut</p> <p>Assorted fruit or Juice</p> <p>Choice of Milk</p>	<p><b>27</b></p> <p>Assorted Cereal Bar w/ Crackers</p> <p>Assorted fruit or Juice</p> <p>Choice of Milk</p>	<p><b>28</b></p> <p>Assorted Pop-tarts w/ crackers</p> <p>Assorted fruit or Juice</p> <p>Choice of Milk</p>	<p><b>29</b></p> <p>Cinnamon Roll</p> <p>Assorted fruit or Juice</p> <p>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, 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, or Cinnamon Rolls

