



Director of Food & Nutrition  
Alexis Buck | Phone: 814.835.5336 | Email: buck@mtsd.org

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>Fresh Cinnamon roll</p> <p>Assorted fruit or Juice Choice of Milk</p>
<p><b>4</b></p> <p>Mini Cinnis</p> <p>Assorted fruit or Juice Choice of Milk</p>	<p><b>5</b></p> <p>Assorted Benefit Bars</p> <p>Assorted fruit or Juice Choice of Milk</p>	<p><b>6</b></p> <p>Breakfast Pizza</p> <p>Assorted fruit or Juice Choice of Milk</p>	<p><b>7</b></p> <p>Cereal Blast</p> <p>Assorted fruit or Juice Choice of Milk</p>	<p><b>8</b></p> <p>Dipped Donuts</p> <p>Assorted fruit or Juice Choice of Milk</p>
<p><b>11</b></p> <p>Oatmeal Rounds</p> <p>Assorted fruit or Juice Choice of Milk</p>	<p><b>12</b></p> <p>Breakfast Burrito</p> <p>Assorted fruit or Juice Choice of Milk</p>	<p><b>13</b></p> <p>Dutch Waffle</p> <p>Assorted fruit or Juice Choice of Milk</p>	<p><b>14</b></p> <p>Mini French toast</p> <p>Assorted fruit or Juice Choice of Milk</p>	<p><b>15</b></p> <p>Pancake Nuggets</p> <p>Assorted fruit or Juice Choice of Milk</p>
<p><b>18</b></p> <p>Goody Ring</p> <p>Assorted fruit or Juice Choice of Milk</p>	<p><b>19</b></p> <p>Chocolate PB &amp; Banana Smoothie Bowl</p> <p>Assorted Fruit or Juice Choice of Milk</p>	<p><b>20</b></p> <p>Warm Frudels</p> <p>Assorted fruit or Juice Choice of Milk</p>	<p><b>21</b></p> <p>Mini Maple Pancakes</p> <p>Assorted Fruit or Juice Choice of Milk</p>	<p><b>22</b></p> <p>Assorted Muffins</p> <p>Assorted Fruit or Juice Choice of Milk</p>
<p><b>25</b></p> <p><b>MEMORIAL DAY</b> NO SCHOOL</p>	<p><b>26</b></p> <p>Pull-a-part Donut</p> <p>Assorted fruit or Juice Choice of Milk</p>	<p><b>27</b></p> <p>Honey Hot Chicken &amp; Biscuit Sandwich</p> <p>Assorted fruit or Juice Choice of Milk</p>	<p><b>28</b></p> <p>French Toast Sticks</p> <p>Assorted fruit or Juice Choice of Milk</p>	<p><b>29</b></p> <p>Fresh Cinnamon Roll</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 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

