



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>1</p> <p>Fresh Cinnamon roll</p> <p>Assorted fruit or Juice Choice of Milk</p>
<p>4</p> <p>Mini Cinnis</p> <p>Assorted fruit or Juice Choice of Milk</p>	<p>5</p> <p>Assorted Benefit Bars</p> <p>Assorted fruit or Juice Choice of Milk</p>	<p>6</p> <p>Breakfast Pizza</p> <p>Assorted fruit or Juice Choice of Milk</p>	<p>7</p> <p>Cereal Blast</p> <p>Assorted fruit or Juice Choice of Milk</p>	<p>8</p> <p>Dipped Donuts</p> <p>Assorted fruit or Juice Choice of Milk</p>
<p>11</p> <p>Oatmeal Rounds</p> <p>Assorted fruit or Juice Choice of Milk</p>	<p>12</p> <p>Breakfast Burrito</p> <p>Assorted fruit or Juice Choice of Milk</p>	<p>13</p> <p>Dutch Waffle</p> <p>Assorted fruit or Juice Choice of Milk</p>	<p>14</p> <p>Mini French toast</p> <p>Assorted fruit or Juice Choice of Milk</p>	<p>15</p> <p>Pancake Nuggets</p> <p>Assorted fruit or Juice Choice of Milk</p>
<p>18</p> <p>Goody Ring</p> <p>Assorted fruit or Juice Choice of Milk</p>	<p>19</p> <p>Fruit & Yogurt Parfait w/ Granola & Crackers</p> <p>Assorted Fruit or Juice Choice of Milk</p>	<p>20</p> <p>Warm Frudels</p> <p>Assorted fruit or Juice Choice of Milk</p>	<p>21</p> <p>Mini Maple Pancakes</p> <p>Assorted Fruit or Juice Choice of Milk</p>	<p>22</p> <p>Assorted Muffins</p> <p>Assorted Fruit or Juice Choice of Milk</p>
<p>25</p>	<p>26</p> <p>Pull-a-part Donut</p> <p>Assorted fruit or Juice Choice of Milk</p>	<p>27</p> <p>Honey Hot Chicken & Biscuit Sandwich</p> <p>Assorted fruit or Juice Choice of Milk</p>	<p>28</p> <p>French Toast Sticks</p> <p>Assorted fruit or Juice Choice of Milk</p>	<p>29</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

