



Director of Food & Nutrition
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Monday	Tuesday	Wednesday	Thursday	Friday
		1 Chocolate Chip Oatmeal Bar	2 No School	3 No School
6 No School	7 No School	8 Cini Minis	9 Chocolate Chip Waffle Snaps	10 Celebration Benefit Bar
13 Blueberry Muffin	14 Mini French Toast	15 Apple Frudel	16 Pull-a-Part Donut	17 Confetti Pancakes
20 Strawberry Cream Cheese Mini Bagels	21 Mini Maple Waffles	22 Celebration Benefit Bar 	23 Mini Chocolate Chip French Toast	24 Goody Ring
27 Mini Chocolate Donuts	28 Mini Cinnamon Waffles	29 Cocoa Chip Benefit Bar	30 Mini Maple Pancakes	

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, 1% White, Fat Free Chocolate, Fat Free 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
 Cinnamon Rolls
 Assorted Benefit Bars
 Mini Powder Donuts
 Mini Chocolate Donuts
 Assorted Cereal w/crackers
 Assorted Cereal Bars w/crackers
 Cream Cheese Bagels
 Assorted Mini Waffles
 Assorted Mini French Toast
 Apple Rolls
 Assorted Frudels

