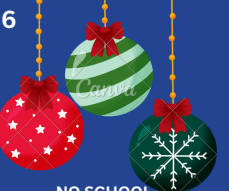




Director of Food & Nutrition

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Monday 	Tuesday 	Wednesday 	Thursday 	Friday 
1 No School	2 Mini Original French Toast	3 Apple Frudel	4 Choc. Chip Oatmeal Breakfast Bar	5 Cinnamon Cream Cheese Bagel
8 Apple Roll	9 Mini Maple Waffles	10 Celebration Benefit Bar	11 Mini Choc. Chip French Toast	12 Pull Apart Donut
15 Mini Chocolate Donuts 	16 Mini Cinnamon Waffles	17 Cocoa Chip Benefit Bar 	18 Mini Maple Pancakes	19 Raspberry Swirl Roll 
22 Soft Filled Cinnamon Toast Crunch Bar 	23 Mini Choc. Chip French Toast	24 No School 	25 NO SCHOOL	26 NO SCHOOL 
29 No School	30 No School	31 No School	Happy Holidays Have a merry day every day.	

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