



Director of Food & Nutrition

Brandi Culver | Phone: 814-827-2715 ext.1460 | Email:bculver@gorockets.org

Monday	Tuesday	Wednesday	Thursday	Friday
2 Mini Chocolate Donuts	3 Mini Cinnamon Waffles	4 Cocoa Chip Benefit Bar	5 Mini Maple Pancakes	6 Raspberry Swirl
9 Soft Cinnamon Toast Crunch Bar	10 Mini Choc Chip French Toast	11 Apple Roll	12 Confetti Pancakes	13 Banana Chocolate Chunk Bar
16 PRESIDENTS DAY NO SCHOOL	17 Mini Original French Toast	18 Choc Chip Oatmeal Bar	19 Mini Maple Waffles	20 Mini Powder Donut
23 Chocolate Chip Muffin	24 Mini Maple Pancakes	25 Cinnamon Mini's	26 Chocolate Chip Waffle Snap	27 Celebration Bar

We love serving you healthy,
tasty food.

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 Fruited