



Director of Food & Nutrition

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

Monday 	Tuesday 	Wednesday 	Thursday 	Friday 
 <p>Start 2026 on the right foot with breakfast every day.</p> 			<p>1</p>  <p>NO SCHOOL</p>	<p>2</p> <p>No School</p>
<p>5</p> <p>Mini Confetti Pancakes</p>	<p>6</p> <p>Mini Powder Donut</p>	<p>7</p> <p>Chocolate Chip Oatmeal Bar</p>	<p>8</p> <p>Mini Maple Waffles</p>	<p>9</p> <p>Raspberry Swirl</p>
<p>12</p> <p>Chocolate Chip Muffin</p>	<p>13</p> <p>Mini Maple Pancakes</p>	<p>14</p> <p>Cinni Mini's</p>	<p>15</p> <p>Chocolate Waffle Snaps</p>	<p>16</p> <p>No School</p>
<p>19</p>  <p>Martin Luther King Jr. Day</p> <p>NO SCHOOL</p>	<p>20</p> <p>Mini Original French Toast</p>	<p>21</p> <p>Apple Frudel</p>	<p>22</p> <p>Banana Choc. Chip Bar</p>	<p>23</p> <p>Pull Apart Donut</p>
<p>26</p> <p>Apple Roll</p>	<p>27</p> <p>Mini Maple Waffles</p>	<p>28</p> <p>Celebration Benefit Bar</p>	<p>29</p> <p>Mini Choc. Chip French Toast</p>	<p>30</p> <p>Strawberry Cream Cheese Bagels</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

Whole Milk, Strawberry Milk, Chocolate Milk

## 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