

Fresh Eats

CAFETERIA

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National School Breakfast Week

Monday	Tuesday	Wednesday	Thursday	Friday
2 "The Quest for school breakfast" "Queen" Blueberry Muffin	3 "Royal" Mini French Toast	4 "Sir Knight" Apple Frudel	5 "King" Confetti Pancakes	6 "Jester" Pull-A-Part Donut
9 Strawberry Cream Cheese Mini Bagels	10 Mini Maple Waffles	11 Celebration Benefit Bar	12 Mini Chocolate Chip French Toast	13 Cinnamon Roll
16 Mini Chocolate Donuts	17 Mini Cinnamon Waffles	18 Cocoa Chip Benefit Bar	19 Mini Maple Pancakes	20 Raspberry Swirl
23 Soft Filled Cinnamon Toast Crunch Bar	24 Mini Chocolate Chip French Toast	25 Apple Roll	26 Confetti Pancakes	27 Chocolate Filled Crescent
30 Mini Powder Donuts	31 Mini French Toast	<h2>National Nutrition Month</h2> <p>Breakfast is a delicious way to be awake and alert.</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

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