



**Director of Food & Nutrition**

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>The very best days start with a very good breakfast.</p>				<p>1</p> <p>No School</p>
<p>4</p> <p>Soft Filled Cinnamon Toast Crunch Bar</p>	<p>5</p> <p>Mini Chocolate Chip French Toast</p>	<p>6</p> <p>Apple Roll</p>	<p>7</p> <p>Confetti Pancakes</p>	<p>8</p> <p>Chocolate Filled Crescent</p>
<p>11</p> <p>Strawberry Cream Cheese Bagels</p>	<p>12</p> <p>Mini French Toast</p>	<p>13</p> <p>Chocolate Chip Oatmeal Bar</p>	<p>14</p> <p>Mini Maple Waffles</p>	<p>15</p> <p>Mini Powdered Donuts</p>
<p>18</p> <p>Chocolate Chip Muffin</p>	<p>19</p> <p>Mini Maple Pancakes</p>	<p>20</p> <p>Cinni Minis</p>	<p>21</p> <p>Chocolate Chip Waffle Snaps</p>	<p>22</p> <p>Celebration Benefit Bar</p>
<p>25</p> <p>MEMORIAL DAY NO SCHOOL</p>	<p>26</p> <p>Mini French Toast</p>	<p>27</p> <p>Apple Frudel</p>	<p>28</p> <p>Pull-a-Part Donut</p>	<p>29</p> <p>Cinnamon Roll</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