

Fresh Eats

CAFETERIA

Director of Food & Nutrition

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Monday	Tuesday	Wednesday	Thursday	Friday
Principal Month What's your Halloween costume? Hope it's spooktacular.		1 Cherry Frudel	2 Mini Blueberry Pancakes	3 Apple Roll
6 No School	7 Cinnamon Roll	8 Chocolate Chip Oatmeal bar	9 Mini Maple Waffles	10 Soft Filled Cinnamon Toast Crunch Bar
13 Banana Muffin	14 Mini Maple Pancakes	15 Cinnamon Mini's	16 Chocolate Chip Waffle Snap	17 Banana Chocolate Chunk Bar
20 Blueberry Muffin Top	21 Moni Original French Toast	22 Apple Frudel	23 Cocoa Chip Breakfast Bar	24 Raspberry Swirl Roll
27 Mini Chocolate Donuts	28 Mini Maple Waffles	29 Celebration Benefit Bars	30 Mini Chocolate Chip French Toast	31 Apple Roll

National School Lunch Week



WHAT MAKES A BREAKFAST?

You must choose at least 3 of the 4 components
 Choice of 2 whole grains or 1 whole grain and a meat/meat alternate
 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

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Monday	Tuesday	Wednesday	Thursday	Friday
Principal Month Thank your principal during National Principal Month.		1 French Toast Sticks w/syrup & sausage patties or Hamburger on bun Tater Tots	2 BBQ Rib on bun or Cheese Pizza Corn	3 Fish Sticks w/garlic toast or Corn Dog Nuggets Steamed Carrots
6 No School	7 Lasagna Roll up w/garlic toast or Grilled Cheese Sandwich Mixed Vegetables	8 Breaded Chicken on bun or Hamburger on bun Fresh Carrots	9 Meatball Hoagie or Cheese Pizza French Fries	10 Yogurt Parfait w/crackers or Corn Dog Nuggets Baked Beans
13 Fiestada Pizza or Chicken Nuggets w/bread Italian Chickpeas	14 BBQ Pulled Pork bun or Grilled Cheese Sandwich Steamed Broccoli	15 French Toast Sticks w/syrup & sausage patties or Hamburger on bun Tater Tots	16 Hot Ham & Cheese Sandwich or Cheese Pizza Green Beans	17 Soft Beef Taco w/cheese or Corn Dog Nuggets Stewed Tomatoes
20 Cheese Filled Breadsticks w/marinara or Chicken Nuggets w/bread Green Beans	21 Chicken & gravy over biscuit or Grilled Cheese Sandwich Mashed Potatoes	22 Cheese Ravioli with marinara & garlic toast or Hamburger on bun Fresh Broccoli	23 Hot Dog on bun or Cheese Pizza Carrots Dessert	24 Hot Turkey & Cheese Sandwich or Corn Dog Nuggets Baked Beans
27 Italian Dunkers w/marinara or Chicken Nuggets w/bread Italian Chickpeas	28 Popcorn Chicken w/rice or Grilled Cheese Sandwich Steamed Broccoli	29 Yogurt Parfait w/crackers or Hamburger on bun Mixed Vegetables	30 Chicken Quesadilla or Cheese Pizza Stewed Tomatoes	31 Macaroni & Cheese w/garlic toast or Corn Dog Nuggets Peas

WHAT MAKES A MEAL?

You must choose at least 3 of 5 components available for the school lunch price.
 Choice of Meat or Meat Alternate
 Choice of Vegetable, Choice of Fruit*
 Choice of Grain/Bread, and Choice of Milk
 *Students must choose at least one fruit or vegetable

MILK OPTIONS

Fat Free White, 1% White, Fat Free Chocolate, Fat Free Strawberry

FRUIT & VEGGIE OPTIONS

Broccoli Florets | Baby Carrots
 Dark Leafy Greens | Legume Salads
 Celery & Cucumber
 *May choose two 1/2 cup servings
 Crisp Apple | Sliced Peaches | Mixed Fruit
 Fresh Orange | Banana | Pineapple Tidbits
 Diced Pears | Applesauce

*K-8 may choose up to 1/2 cup serving.
 9th-12th may choose two 1/2 cup servings

ALTERNATE MENU OPTIONS