



Director of Food & Nutrition
Daniel J. Pinchock | Phone: 814.715.4937 | Email: brockway@thenutritiongroup.biz



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Apple Cinnamon Muffin Flat Or Sausage Biscuit Or French Toast Sticks Sliced Peaches, Apple Juice Fat Free Milk Choice	2 Apple Roll Or Bacon, Egg, Cheese Bagel Or Funnel Cake Diced Pears, Orange Juice Fat Free Milk Choice	3 Soft Filled Cocoa Puff Bar Or Egg & Cheese Biscuit Or Fun & Fruitti Cereal Bar Mandarin Oranges, Grape Juice Fat Free Milk Choice	4 Assorted Benefit Bars Or Sausage & Cheese Muffin Or Mini Strawberry Bagels Mixed Fruit, Apple Juice Fat Free Milk Choice
7 Waffle Snaps Or Egg & Cheese Muffin Or Pancake Bites Apple Sauce, Grape Juice Fat Free Milk Choice	8 Strawberry Mini Bagels Or Sausage Biscuit Or Eggo Waffles W/Sausage Slice Peaches, Apple Juice Fat Free Milk Choice	9 Goody Ring Or Bacon, Egg, Cheese Bagel Or Mini French Toast Diced Pears, Orange Juice Fat Free Milk Choice	10 Chocolate Chip Muffin Flat Or Egg & Cheese Biscuit Or Pancake Bites Mandarin Oranges, Grape Juice Fat Free Milk Choice	11 Banana Muffin Or Sausage & Cheese Muffin Or Mini Maple Waffles Mixed Fruit, Apple Juice Fat Free Milk Choice
14 Goody Ring Or Egg & Cheese Muffin Or Sausage Breakfast Pizza Applesauce, Grape Juice Fat Free Milk Choice	15 Apple Cinnamon Muffin Flat Or Sausage Biscuit Or French Toast Sticks Sliced Peaches, Apple Juice Fat Free Milk Choice	16 Apple Roll Or Bacon, Egg, Cheese Bagel Or Funnel Cake Diced Pears, Orange Juice Fat Free Milk Choice	17 Soft Filled Cocoa Puff Bar Or Egg & Cheese Biscuit Or Fun & Fruitti Cereal Bar Mandarin Oranges, Grape Juice Fat Free Milk Choice	18 NO SCHOOL EASTER VACATION
21 NO SCHOOL EASTER VACATION	22 Strawberry Mini Bagels Or Sausage Biscuit Or Eggo Waffles W/Sausage Slice Peaches, Apple Juice Fat Free Milk Choice 	23 Goody Ring Or Bacon, Egg, Cheese Bagel Or Mini French Toast Diced Pears, Orange Juice Fat Free Milk Choice	24 Chocolate Chip Muffin Flat Or Egg & Cheese Biscuit Or Pancake Bites Mandarin Oranges, Grape Juice Fat Free Milk Choice	25 Banana Muffin Or Sausage & Cheese Muffin Or Mini Maple Waffles Mixed Fruit, Apple Juice Fat Free Milk Choice
28 Goody Ring Or Egg & Cheese Muffin Or Sausage Breakfast Pizza Applesauce, Grape Juice Fat Free Milk Choice	29 Apple Cinnamon Muffin Flat Or Sausage Biscuit Or French Toast Sticks Sliced Peaches, Apple Juice Fat Free Milk Choice	30 Apple Roll Or Bacon, Egg, Cheese Bagel Or Funnel Cake Diced Pears, Orange Juice Fat Free Milk Choice	 <h1 style="font-size: 2em; margin: 0;">Earth Day</h1> <p style="font-size: 1.2em; margin: 0;">Adopt healthy nutrition and environmental habits.</p>	

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.
 *½c 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

Benefit Bars
 Goody Ring Donut
 Mini Chocolate or Powdered Sugar Donut
 "Smuckers" Uncrustable
 Assorted Muffins
 Yogurt W/Crackers
 Cereal W/Crackers
 Soft Filled Cinnamon Toast Crush Pastry