



Director of Food & Nutrition

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Monday 	Tuesday 	Wednesday 	Thursday 	Friday 
<p>TWO servings of fruit BEFORE first period gets your day in a groove.</p>				<p>1</p>
<p>4 Waffle Snaps Or Egg & Cheese Muffin Or Pancake Bites</p> <p>Apple Sauce Grape Juice Fat Free Milk Choice</p>	<p>5 Strawberry Mini Bagels Or Sausage Biscuit Or Waffles W/Sausage</p> <p>Slice Peaches Apple Juice Fat Free Milk Choice</p>	<p>6 Donut Bar Or Bacon, Egg, Cheese Bagel Or Mini French Toast</p> <p>Diced Pears Orange Juice Fat Free Milk Choice</p>	<p>7 Chocolate Chip Muffin Flat Or Egg & Cheese Biscuit Or Pancake Bites</p> <p>Orange Grape Juice Fat Free Milk Choice</p>	<p>8 Banana Muffin Or Sausage & Cheese Muffin Or Mini Maple Waffles</p> <p>Mixed Fruit Apple Juice Fat Free Milk Choice</p>
<p>11 Goody Ring Or Egg & Cheese Muffin Or Sausage Breakfast Pizza</p> <p>Applesauce, Grape Juice Fat Free Milk Choice</p>	<p>12 Apple Cinnamon Muffin Flat Or Sausage Biscuit Or French Toast Sticks</p> <p>Sliced Peaches, Apple Juice Fat Free Milk Choice</p>	<p>13 Blueberry Pie Pudding Parfait Or Bacon, Egg, Cheese Bagel Or Funnel Cake</p> <p>Diced Pears, Orange Juice Fat Free Milk Choice</p>	<p>14 Cocoa Puff Bar Or Egg & Cheese Biscuit Or Fun & Fruitti Cereal Bar</p> <p>Mandarin Oranges, Grape Juice Fat Free Milk Choice</p>	<p>15 Benefit Bars Or Sausage Muffin Or Mini Strawberry Bagels</p> <p>Mixed Fruit, Apple Juice Fat Free Milk Choice</p>