



Fresh Eats

CAFETERIA

Director of Food & Nutrition

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Monday	Tuesday	Wednesday	Thursday	Friday
	1 Apple Cinnamon Mini Muffin Flat Or Egg & Cheese Muffin 100% Orange Juice Craisins Fat Free Milk Choice	2 Apple Roll Or Tony's Sausage Breakfast Pizza 100% Apple Juice Raisins Fat Free Milk Choice	3 Fun & Fruitti Cereal Blast Or Sausage Biscuit 100% Orange Juice Fresh Apple Fat Free Milk Choice	4 French Toast Sticks W/Syrup Or Assorted Benefit Bars 100% Apple Juice Banana Fat Free Milk Choice
7 Cinnamon Minis Or Dutch Waffles 100% Apple Juice Fresh Orange Fat Free Milk Choice	8 Min Strawberry Bagels Or Sausage & Cheese Muffin 100% Orange Juice Craisins Fat Free Milk Choice	9 Good Ring Or Tony's Sausage Breakfast Pizza 100% Apple Juice Raisins Fat Free Milk Choice	10 Chocolate Chip Muffin Flat Or Egg & Cheese Biscuit 100% Orange Juice Fresh Apple Fat Free Milk Choice	11 Strawberry Guava Or Mini French Toast 100% Apple Juice Banana Fat Free Milk Choice
14 Goody Ring Or Pancakes & Sausage 100% Apple Juice Fresh Orange Fat Free Milk Choice	15 Apple Cinnamon Mini Muffin Flat Or Egg & Cheese Muffin 100% Orange Juice Craisins Fat Free Milk Choice	16 Apple Roll Or Tony's Sausage Breakfast Pizza 100% Apple Juice Raisins Fat Free Milk Choice	17 Fun & Fruitti Cereal Blast Or Sausage Biscuit 100% Orange Juice Fresh Apple Fat Free Milk Choice	18 NO SCHOOL EASTER VACATION
21 NO SCHOOL EASTER VACATION	22 Min Strawberry Bagels Or Sausage & Cheese Muffin 100% Orange Juice Craisins Fat Free Milk Choice 	23 Good Ring Or Tony's Sausage Breakfast Pizza 100% Apple Juice Raisins Fat Free Milk Choice	24 Chocolate Chip Muffin Flat Or Egg & Cheese Biscuit 100% Orange Juice Fresh Apple Fat Free Milk Choice	25 Strawberry Guava Or Mini French Toast 100% Apple Juice Banana Fat Free Milk Choice
28 Goody Ring Or Pancakes & Sausage 100% Apple Juice Fresh Orange Fat Free Milk Choice	29 Apple Cinnamon Mini Muffin Flat Or Egg & Cheese Muffin 100% Orange Juice Craisins Fat Free Milk Choice	30 Apple Roll Or Tony's Sausage Breakfast Pizza 100% Apple Juice Raisins Fat Free Milk Choice		

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 - ¼ 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
 Cinnamon Roll
 Mini Chocolate Or Powdered Sugar Donuts
 "Smuckers" Uncrustable
 Assorted Muffins
 Yogurt W/Crackers
 Cereal W/Crackers
 Soft Filled Cinnamon Toast Crunch Pastry