

Director of Food & Nutrition

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Fresh Eats

CAFETERIA

Monday	Tuesday	Wednesday	Thursday	Friday
3 Cinnamon Roll Fruit Choice 100% Fruit Juice Milk Choice	4 Benefit Bar Fruit Choice 100% Fruit Juice Milk Choice	5 Eggo Pancake Minis Fruit Choice 100% Fruit Juice Milk Choice	6 WG Muffin Top Fruit Choice 100% Fruit Juice Milk Choice	7 Assorted WG Breakfast Pastries Applesauce Cup 100% Fruit Juice Milk Choice
10 Cinnamon Toast Crunch Bar Fruit Choice 100% Fruit Juice Milk Choice	11  NO SCHOOL	12 French Toast Minis Fruit Choice 100% Fruit Juice Milk Choice	13 WG Honey Bun Fruit Choice 100% Fruit Juice Milk Choice	14 Assorted WG Breakfast Pastries Applesauce Cup 100% Fruit Juice Milk Choice
17 Cereal w/WG Crackers Fruit Choice 100% Fruit Juice Milk Choice	18 WG Muffin Top Fruit Choice 100% Fruit Juice Milk Choice	19 Cini Minis Fruit Choice 100% Fruit Juice Milk Choice	20 Eggo Pancake Minis Fruit Choice 100% Fruit Juice Milk Choice	21 Assorted WG Breakfast Pastries Applesauce Cup 100% Fruit Juice Milk Choice
24 Cinnamon Roll Fruit Choice 100% Fruit Juice Milk Choice	25 Benefit Bar Fruit Choice 100% Fruit Juice Milk Choice	26 Assorted WG Breakfast Pastries Applesauce Cup 100% Fruit Juice Milk Choice	27  NO SCHOOL	28  NO SCHOOL

Happy Thanksgiving

We are thankful to see you every day.

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
 Banana, Fresh
 Apple Slices, Applesauce, Craisins, Raisins, 100% Juice

ALTERNATE MENU OPTIONS

Assorted Cereal w/Crackers
 Assorted Yogurt w/Crackers