

Director of Food & Nutrition

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Fresh Eats

CAFETERIA

Monday	Tuesday	Wednesday	Thursday	Friday
1 NO SCHOOL	2 WG Frudel Fruit Choice 100% Fruit Juice Milk Choice	3 French Toast Minis Fruit Choice 100% Fruit Juice Milk Choice	4 Pull Apart Donut Fruit Choice 100% Fruit Juice Milk Choice	5 Assorted WG Breakfast Pastries Applesauce Cup 100% Fruit Juice Milk Choice
8 Honey Bun Fruit Choice 100% Fruit Juice Milk Choice	9 WG Muffin Top Fruit Choice 100% Fruit Juice Milk Choice	10 Cini Minis Fruit Choice 100% Fruit Juice Milk Choice	11 Blueberry Waffle Fruit Choice 100% Fruit Juice Milk Choice	12 Assorted WG Breakfast Pastries Applesauce Cup 100% Fruit Juice Milk Choice
15 Cinnamon Roll Fruit Choice 100% Fruit Juice Milk Choice 	16 Benefit Bar Fruit Choice 100% Fruit Juice Milk Choice	17 Eggo Pancake Minis Fruit Choice 100% Fruit Juice Milk Choice 	18 Cereal w/WG Crackers Fruit Choice 100% Fruit Juice Milk Choice	19 Assorted WG Breakfast Pastries Applesauce Cup 100% Fruit Juice Milk Choice 
22  Assorted WG Breakfast Pastries Applesauce Cup 100% Fruit Juice Milk Choice	23 NO SCHOOL	24  NO SCHOOL	25  NO SCHOOL	26  NO SCHOOL
29 NO SCHOOL	30 NO SCHOOL	31 NO SCHOOL	 Happy Holidays Have a merry day 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
 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

Assorted Cereal w/Crackers
 Assorted Yogurt w/Crackers