

Director of Food & Nutrition
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Fresh Eats

CAFETERIA

National School Breakfast Week

Monday	Tuesday	Wednesday	Thursday	Friday
2 WG Muffin Fruit Choice 100% Fruit Juice Milk Choice	3 WG Frudel Fruit Choice 100% Fruit Juice Milk Choice	4 French Toast Minis Fruit Choice 100% Fruit Juice Milk Choice	5 Goody Ring Fruit Choice 100% Fruit Juice Milk Choice	6 Assorted WG Breakfast Pastries Applesauce Cup 100% Fruit Juice Milk Choice
9 Honey Bun Fruit Choice 100% Fruit Juice Milk Choice	10 WG Muffin Top Fruit Choice 100% Fruit Juice Milk Choice	11 Cini Minis Fruit Choice 100% Fruit Juice Milk Choice	12 Eggo Chocolate Chip French Toast Fruit Choice 100% Fruit Juice Milk Choice	13 Assorted WG Breakfast Pastries Applesauce Cup 100% Fruit Juice Milk Choice
16 Cinnamon Roll Fruit Choice 100% Fruit Juice Milk Choice	17 Benefit Bar Fruit Choice 100% Fruit Juice Milk Choice	18 Eggo Pancake Minis Fruit Choice 100% Fruit Juice Milk Choice	19 Glazed Pull Apart Fruit Choice 100% Fruit Juice Milk Choice	20 Assorted WG Breakfast Pastries Applesauce Cup 100% Fruit Juice Milk Choice
23 WG Muffin Fruit Choice 100% Fruit Juice Milk Choice	24 WG Frudel Fruit Choice 100% Fruit Juice Milk Choice	25 French Toast Minis Fruit Choice 100% Fruit Juice Milk Choice	26 WG Blueberry Waffle Fruit Choice 100% Fruit Juice Milk Choice	27 Assorted WG Breakfast Pastries Applesauce Cup 100% Fruit Juice Milk Choice
30 Honey Bun Fruit Choice 100% Fruit Juice Milk Choice	31 WG Muffin Top Fruit Choice 100% Fruit Juice Milk Choice	National Nutrition Month Assorted Cereal w/Crackers Assorted Yogurt w/Crackers Breakfast is a delicious way to be awake and alert.		

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