



Fresh Eats

CAFETERIA

Director of Food & Nutrition

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National School
Breakfast Week

Monday	Tuesday	Wednesday	Thursday	Friday
2 Green Eggs & Ham Toast Meal Assorted Cereal w. Toast Banana Craisins/Raisins	3 Royal Mini Pancakes Toast Meal Squire's assorted Cereal Cups w. Toast Banana Craisins/Raisins	4 Lucky tray day Adventurer's Morning Munch Breakfast Pizza Toast Meal Squire's assorted Cereal Cups w. Toast Apple of Avalon Craisins/Raisins	5 Mystical Morn: Dragon Iced Donuts w/ Sprinkles Toast Meal Squire's assorted Cereal Cups w. Toast Apple of Avalon Craisins/Raisins	6 Monarch's Morning Feast: Egg, Ham and Cheese English Muffin Toast Meal Squire's assorted Cereal Cups w. Toast Orange Craisins/Raisins
9 Goody Bun Toast Meal Assorted Cereal w. Toast Crisp Apple Craisins/Raisins	10 Poptart & Toast Toast Meal Assorted Cereal w. Toast Crisp Apple Craisins/Raisins	11 Breakfast Pizza Toast Meal Assorted Cereal w. Toast Crisp Apple Craisins/Raisins Lucky tray day	12 Yogurt Cup & Toast Toast Meal Assorted Cereal w. Toast Crisp Apple Craisins/Raisins	13 Mini Cinni Toast Meal Assorted Cereal w. Toast Crisp Apple Craisins/Raisins
16 Dutch Waffle Toast Meal Assorted Cereal w. Toast Crisp Apple Craisins/Raisins	17  Southwest Bowl Toast Meal Assorted Cereal w. Toast Crisp Apple Craisins/Raisins	18 Breakfast Pizza Toast Meal Assorted Cereal w. Toast Crisp Apple Craisins/Raisins	19 Cinnamon Roll Toast Meal Assorted Cereal w. Toast Crisp Apple Craisins/Raisins Lucky tray day	20 Mini Chocolate Chip French Toast Toast Meal Assorted Cereal w. Toast Crisp Apple Craisins/Raisins
23 Goody Ring Toast Meal Assorted Cereal w. Toast Crisp Apple Craisins/Raisins	24 Mini Maple Waffle Toast Meal Assorted Cereal w. Toast Crisp Apple Craisins/Raisins	25 Breakfast Pizza Toast Meal Assorted Cereal w. Toast Crisp Apple Craisins/Raisins	26 Chocolate Donuts Toast Meal Assorted Cereal w. Toast Crisp Apple Craisins/Raisins Lucky tray day	27 Omelet W/ Toast Toast Meal Assorted Cereal w. Toast Crisp Apple Craisins/Raisins
30 Strawberry Cream Cheese Bagel Toast Meal Assorted Cereal w. Toast Crisp Apple Craisins/Raisins	31  Iced Donut w. Sprinkles Toast Meal Assorted Cereal w. Toast Crisp Apple Craisins/Raisins	National Nutrition Month 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, 1 whole grain and 1 meat/meat alternate, or 2 meat/meat alternates.
 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

HAPPY
 ST. PATRICK'S
 DAY