

Director of Food & Nutrition

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National School Breakfast Week

	Monday	Tuesday	Wednesday	Thursday	Friday
National School Breakfast Week	2 Soft Filled Cinnamon Toast Bar Cinnamon Roll Oranges Fruit Juice	3 Mini Maple Pancakes Cinnamon Roll Apple Fruit Juice	4 Breakfast Pizza Cinnamon Roll Apple slices Fruit Juice	5 Iced Donut w. Sprinkles Cinnamon Roll Banana Fruit Juice	6 Egg, Ham & Cheese on an English Muffin Cinnamon Roll Applesauce Fruit Juice
	9 Poptart & Toast Goody Ring Orange Fruit Juice	10 Assorted Breakfast Pastries Goody Ring Apple Fruit Juice	11 Breakfast Pizza Goody Ring Apple Slice Fruit Juice	12 Peanut Butter Banana Yogurt Parfait Goody Ring Banana Fruit Juice	13 Mini Cinni Goody Ring Applesauce Fruit Juice
	16 Dutch Waffle Goody Bun Orange Fruit Juice	17 Iced Donut w. Sprinkles Goody Bun Apple Fruit Juice	18 Breakfast Pizza Goody Bun Apple Slice Fruit Juice	19 Egg, Ham, & Cheese on a English Muffin Goody Bun Banana Fruit Juice	20 Eggo Mini French Toast Goody Bun Applesauce Fruit Juice
	23 Sausage & Cheese On English Muffin Cinnamon Roll Oranges Fruit Juice	24 Pull Apart Donut Cinnamon Roll Apple Fruit Juice	25 Breakfast Pizza Cinnamon Roll Apple Slices Fruit Juice	26 Assorted Breakfast Pastries Cinnamon Roll Banana Fruit Juice	27 Omelet w/ Toast Cinnamon Roll Applesauce Fruit Juice
	30 Strawberry Cream Cheese Bagel Goody Ring Orange Fruit Juice	31 Mini Maple Waffle Goody Ring Apple Fruit Juice	National Nutrition Month A healthy breakfast boosts your brain power all day.		

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 - 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

Uncrustables
Mini Chocolate Donuts
Cereal w/ Toast
Toast Meal

