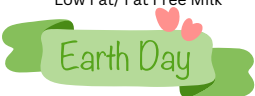



Fresh Eats

CAFETERIA

Director of Food & Nutrition

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Monday	Tuesday	Wednesday	Thursday	Friday
	1 Chicken & Biscuit Sandwich Or Breakfast Tacos Choice of 100% juice or fruit Low Fat/ Fat Free Milk	2 Crispy Waffles Or Fluffy Pancakes Choice of 100% juice or fruit Low Fat/ Fat Free Milk	3 Savory Breakfast Pizza Or Fruit & Yogurt Parfait Choice of 100% juice or fruit Low Fat/ Fat Free Milk	4 Frosted Donut Or Overnight Oats Choice of 100% juice or fruit Low Fat/ Fat Free Milk
7 Assorted Muffins Or French Toast Sticks Choice of 100% juice or fruit Low Fat/ Fat Free Milk	8 Warm Cinnamon Roll Or Assorted Poptarts w/ Crackers Choice of 100% juice or fruit Low Fat/ Fat Free Milk	9 Sausage & Cheese on a Bagel Or Dutch Waffle Choice of 100% juice or fruit Low Fat/ Fat Free Milk	10 Fruit & Yogurt Parfait Or Breakfast Pizza Choice of 100% juice or fruit Low Fat/ Fat Free Milk	11 Frosted Donut Or Overnight Oats Choice of 100% juice or fruit Low Fat/ Fat Free Milk
14 Toasted Bagel with Cream Cheese Or Assorted Muffins Choice of 100% juice or fruit Low Fat/ Fat Free Milk	15 Chicken & Biscuit Sandwich Or Breakfast Tacos Choice of 100% juice or fruit Low Fat/ Fat Free Milk	16 Crispy Waffles Or Fluffy Pancakes Choice of 100% juice or fruit Low Fat/ Fat Free Milk	17 Savory Breakfast Pizza Or Fruit & Yogurt Parfait Choice of 100% juice or fruit Low Fat/ Fat Free Milk	18 NO School - Spring Break !
21 No School - Spring Break	22 Warm Cinnamon Roll Or Assorted Poptarts w/ Crackers Choice of 100% juice or fruit Low Fat/ Fat Free Milk 	23 Sausage & Cheese on a Bagel Or Dutch Waffle Choice of 100% juice or fruit Low Fat/ Fat Free Milk	24 Fruit & Yogurt Parfait Or Breakfast Pizza Choice of 100% juice or fruit Low Fat/ Fat Free Milk	25 Frosted Donut Or Overnight Oats Choice of 100% juice or fruit Low Fat/ Fat Free Milk
28 Toasted Bagel with Cream Cheese Or Assorted Muffins Choice of 100% juice or fruit Low Fat/ Fat Free Milk	29 Chicken & Biscuit Sandwich Or Breakfast Tacos Choice of 100% juice or fruit Low Fat/ Fat Free Milk	30 Crispy Waffles Or Fluffy Pancakes Choice of 100% juice or fruit Low Fat/ Fat Free Milk	 <h2>Earth Day</h2> <p>Earth serves us healthy sweets with fresh fruit.</p>	

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

Cereal with crackers
 Banana , Blueberry , or Cherry Muffins
 Chocolate Chip Oatmeal Breakfast Bar
 Warm Grab & Go Breakfast Sandwiches
 Fortified Breakfast Pastries
 Warm Bagels
 Toasted Bagels
 Yogurt & Crackers