



OLD TOWN ELEMENTARY
BREAKFAST MENUS
WINTER 2017-2018



The current meal pattern requirements for school breakfast follows a food-based menu planning approach, meets calorie ranges, includes zero trans-fats and ensures half of all grains offered with breakfast are whole grain rich.

“Food-based” K- 5:

We offer 4 items. Students can turn down 1 item.

- Minimum 1 oz. Grain (at least 50% whole gain rich) (7- 10 oz./wk.)
(can substitute 1 oz. m/ma for grain after 1 oz. minimum is met)
- 1 Cup Fruit/Vegetable (5/wk.)
- 1 Cup Milk (5/wk.)

BREAKFAST IN THE CLASSROOM				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
POP-TART MILK AND FRUIT OR FRUIT JUICE	BREAKFAST BREAKS MILK AND FRUIT OR FRUIT JUICE	UBER BREAKFAST BAR OR CINNAMON BREAD MILK AND FRUIT OR FRUIT JUICE	BREAKFAST BREAKS MILK AND FRUIT OR FRUIT JUICE	WG DONUT MILK AND FRUIT OR FRUIT JUICE

BREAKFAST IN THE CAFETERIA				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
POP-TART MILK, FRUIT & FRUIT JUICE	BREAKFAST BARS MILK, FRUIT & FRUIT JUICE	BAGEL WITH CREAM CHEESE MILK, FRUIT & FRUIT JUICE	CINNAMON BREAD MILK, FRUIT & FRUIT JUICE	WG DONUT MILK, FRUIT & FRUIT JUICE
CEREAL CHOICES ARE AVAILABLE EVERY DAY WITH MILK, FRUIT & FRUIT JUICE IN THE CAFETERIA				