

OLD TOWN HIGH SCHOOL
 BREAKFAST MENU
 WINTER 2018



DAILY BREAKFAST SPECIALS				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FRENCH TOAST STICKS MILK AND FRUIT OR FRUIT JUICE	WG DONUT MILK AND FRUIT OR FRUIT JUICE	BREAKFAST PIZZA MILK AND FRUIT OR FRUIT JUICE	WG MUFFIN MILK AND FRUIT OR FRUIT JUICE	BREAKFAST PIZZA MILK AND FRUIT OR FRUIT JUICE
<p>Daily breakfast entrée options also include cereal, pop tarts, breakfast bars & bagels with cream cheese.</p> <p>A variety of fruits are available daily, including fresh, packaged and dried fruits and fruit juice. No more than ½ cup of juice may go toward the 1 cup allowance. A ½ cup serving of fruit is required at breakfast.</p> <p>1% Milk, Fat Free Chocolate, and Skim Milk are available at Breakfast.</p>				

Breakfast Meal Pattern

The meal pattern for breakfast consists of three components:

- Fruits (or vegetables) – 1 Cup
- Grains (or optional credited meats/meat alternates) - 2 Oz.
- Milk – 8 oz.

Under Offer vs. Serve we offer at least four food items from within the three meal components. Each student must select at least three items, including at least ½ cup of fruit (or vegetable) to have a reimbursable breakfast. No more than ½ of the fruit component may be juice.

Weekly grain requirements vary between grade levels for breakfast, but all other requirements are the same.

GLUTEN FREE AND OTHER OPTIONS ARE AVAILABLE UPON DOCUMENTATION OF A SPECIAL DIET PRESCRIBED BY A PHYSICIAN. PLEASE CALL 207-827-3908 WITH QUESTIONS.

WE DO TRY TO NOTIFY STUDENTS AND STAFF WHEN WE NEED TO MAKE SUBSTITUTIONS. HOWEVER, SOME THINGS ARE UNAVOIDABLE SO MENUS ARE SUBJECT TO CHANGE WITHOUT NOTICE.

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RSU #34 Food Service Director: Stephanie Salley: stephanie.salley@rsu34.org
 RSU #34 Food Service Clerk: Kim Hayward: kim.hayward@rsu34.org
 Office Phone: 207-827-3908