Nutrition Break Menu

- Breakfast Quesadilla
- Fresh Fruit Selection
- Orange Juice
- Milk

What Makes a Complete Breakfast?

Meal Components:
- Meat/Meat Alt
- Grain
- Vegetable
- Fruit
- Milk

Select at least 3 components and make sure one is a fruit.

This institution is an equal opportunity provider.
Menus are subject to change.
All grains are either whole grain or whole grain rich.

Revision Date: 3/9/20
NB Monday
Nutrition Break Menu

- **French Toast Sticks**
- **Fresh Fruit Selection**
- **Apple Juice**
- **Milk**

What Makes a Complete Breakfast?

Meal Components:

- Purple: Meat/Meat Alt
- Brown: Grain
- Green: Vegetable
- Red: Fruit
- Blue: Milk

Select at least 3 components and make sure one is a fruit.

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All grains are either whole grain or whole grain rich.

Revision Date: 8/26/19
Nutrition Break Menu

- **Turkey & Cheese Roll-Up**
- **Fresh Fruit Selection**
- **Orange Juice**
- **Milk**

What Makes a Complete Breakfast?

**Meat/Meat Alt**
- **Grain**
- **Vegetable**
- **Fruit**
- **Milk**

Select at least 3 components and make sure one is a fruit.

This institution is an equal opportunity provider.

Menus are subject to change.

All grains are either whole grain or whole grain rich.

Revision Date: 8/26/19

NB Wednesday
Nutrition Break Menu

- **Cinnamon Mini Bagel Bites**
- **Fresh Fruit Selection**
- **Apple Juice**
- **Milk**

What Makes a Complete Breakfast?

Meal Components:
- Meat/Meat Alt
- Grain
- Vegetable
- Fruit
- Milk

Select at least 3 components and make sure one is a fruit.

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Menus are subject to change.
All grains are either whole grain or whole grain rich.

Revision Date: 3/9/20
Nutrition Break Menu

- Banana Chocolate Breakfast Bar
- Fresh Fruit Selection
- Orange Juice
- Milk

What Makes a Complete Breakfast?

Meal Components:
- Meat/Meat Alt
- Grain
- Vegetable
- Fruit
- Milk

Select at least 3 components and make sure one is a fruit.

This institution is an equal opportunity provider.
Menus are subject to change.
All grains are either whole grain or whole grain rich.

Revision Date: 8/26/19
NB Friday