



Secondary Breakfast (6-12) Menu

April 2016

All breakfasts are FREE. Full student breakfast includes entrée, fruit & choice of 1% or skim white milk. All grains are whole grain rich. Did you know—If you see it in green, it's Local!

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|--|
| 28 | 29 | 30 | 31 | 1 |
| | SPRING | BREAK | NO | SCHOOL |
| 4 | 5 | 6 | 7 | 8 |
| Pancakes w/Syrup OR Mexican Scrambled Egg Bar w/ English Muffin 100% Fruit Punch | Cinnamon Biscuit OR Chicken Sausage Biscuit Fresh Orange | Biscuit and Turkey Sausage Gravy OR Maple French Toast Sticks Fresh Local Apple | Turkey Sausage on a English Muffin OR Cheesy Scrambled Eggs w/English Muffin Pear Sauce | Bagel w/Reduced Fat Cream Cheese OR Turkey Ham and Cheese on Biscuit Fresh Banana |
| 11 | 12 | 13 | 14 | 15 |
| Apple Cinnamon Muffin or Blueberry Muffin OR Cheesy Scrambled Eggs w/English Muffin 100% Fruit Punch | Cinnamon Brown Sugar Oatmeal OR Turkey Ham & Cheese Frittata Fresh Orange | Turkey Sausage on English Muffin OR Cinnamon Biscuit Fresh Local Apple | Pancakes w/ Syrup OR Scrambled Egg Bar w/English Muffin Pear Sauce | Emancipation Day No School |
| 18 | 19 | 20 | 21 | 22 |
| French Toast Bake OR Cheesy Scrambled Eggs w/English Muffin 100% Fruit Punch | Turkey Ham and Cheese on Biscuit OR Fresh Baked Blueberry Muffin Square Fresh Orange | Bagel w/Reduced Fat Cream Cheese OR Scrambled Eggs w/ Toast Fresh Local Apple | Mexican Scrambled Egg Bar w/ Toast OR Cinnamon Biscuit Pear Sauce | Banana Muffin OR Biscuit and Turkey Sausage Gravy Fresh Banana |
| 25 | 26 | 27 | 28 | 29 |
| Pancakes w/Syrup OR Cheesy Scrambled Eggs w/English Muffin 100% Fruit Punch | Turkey Ham & Cheese Frittata OR Cinnamon Peach Oatmeal Fresh Orange | Bagel w/Reduced Fat Cream Cheese OR French Toast Bake Fresh Local Apple | Apple Cinnamon Muffin or Blueberry Muffin OR Chicken Sausage Biscuit Pear Sauce | Scrambled Egg Bar w/ Toast OR Waffles w/Syrup Fresh Banana |
| Available daily – Assorted Cereals, Whole Grain Strawberry Bar, Graham Crackers, Assorted Fresh & Cupped Fruit, Yogurt Cup | | | | |