

National School Breakfast Week



Secondary Breakfast (6-12) Menu

March 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 |
|---|---|--|--|---|
| Feb 29 | Mar 1 | Mar 2 | Mar 3 | Mar 4 |
| Pancakes w/Syrup OR Cheesy Scrambled Eggs w/English Muffin 100% Fruit Punch | Turkey Ham & Cheese Frittata w/Toast 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 |
| Mar 7 | Mar 8 | Mar 9 | Mar 10 | Mar 11 |
| NATIONAL SCHOOL BREAKFAST WEEK | | | | |
| Cinnamon Biscuit OR Mexican Scrambled Egg Bar w/ Toast 100% Fruit Punch | Pancakes w/Syrup OR Chicken Sausage Biscuit Fresh Orange | <u>Turkish Food Day</u> Turkish Rice Pudding with Dried Turkish Plums OR Biscuit and Turkey Sausage Gravy Pear Sauce | Turkey Sausage on a English Muffin OR Cheesy Scrambled Eggs w/English Muffin Fresh Local Apple | Bagel w/Reduced Fat Cream Cheese OR Turkey Ham and Cheese on English Muffin Fresh Banana |
| Mar 14 | Mar 15 | Mar 16 | Mar 17 | Mar 18 |
| 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 w/ Toast Fresh Orange | Turkey Ham and Cheese on Bagel OR Cinnamon Biscuit Fresh Local Apple | Pancakes w/ Syrup OR Scrambled Egg Bar w/English Muffin Pear Sauce | Chicken Sausage Biscuit OR Bagel w/Reduced Fat Cream Cheese Fresh Banana |
| Mar 21 | Mar 22 | Mar 23 | Mar 24 | Mar 25 |
| French Toast Bake OR Cheesy Scrambled Eggs w/English Muffin 100% Fruit Punch | Turkey Sausage on English Muffin OR Fresh Baked Blueberry Muffin Square Fresh Orange | Bagel w/Reduced Fat Cream Cheese OR Scrambled Eggs w/ Toast Fresh Local Apple | <u>Australian Food Day</u> Cinnamon Porridge w/ Oatmeal Crumb Topping OR Cinnamon Biscuit Pear Sauce | Banana Muffin OR Biscuit and Turkey Sausage Gravy Fresh Banana |
| Available daily – Assorted Cereals, Whole Grain Strawberry Bar, Graham Crackers, Assorted Fresh & Cupped Fruit, Yogurt Cup | | | | |