

Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
<p>Cheesy Scrambled Eggs w/ Toast (v).</p> <p>Banana Muffin w/ String Cheese (v).</p>	<p><u>Parfait Bar</u> Vanilla or Strawberry Yogurt w/ Graham Crackers or Granola (v).</p> <p>Apple Cinnamon Muffin w/ String Cheese (v).</p>	<p><u>Pancake Bar</u> Whole Grain Pancakes (v) w/ Sunbutter or Vanilla Yogurt</p> <p>Syrup Available</p> <p>Banana Muffin w/ String Cheese (v).</p>	<p>Whole Grain French Toast Sticks w/ Syrup (v).</p> <p>Hard Boiled Egg Bento Box (v).</p> <p>Apple Cinnamon Muffin w/ String Cheese (v).</p>	<p><u>Oatmeal Bar</u> Oatmeal (ve). w/ baked apples or bananas or berries</p> <p>Egg &amp; Cheese Bagel Sandwich (v).</p> <p>Banana Muffin w/ String Cheese (v).</p>
<p>Fresh Apple Grape Juice</p>	<p>Fresh Apple Fresh Tangerine</p>	<p>Warm Berries Sliced Banana</p>	<p>Pears Strawberries</p>	<p>Baked Apple Slices Fresh Bananas</p>

## March 2<sup>nd</sup> - 6<sup>th</sup> is National School Breakfast Week!

- Parfait Bar on Tuesday 3/3
- Pancake Bar on Wednesday 3/4
- Oatmeal Bar on Friday 3/6

**“Hear the Crunch” with Apples on Tuesday 3/3!**

Daily offerings include frosted mini wheats, cinnamon chex, blueberry chex, cheerios, and trix cereal with graham crackers. All breakfast entrées include choice of skim or low-fat unflavored milk. All grain products are whole grain rich. (v) denotes vegetarian choices (including milk and eggs) and (ve) denotes vegan choices. **Locally Sourced** items offered daily. This menu is subject to change and based upon product availability.

*This institution is an equal opportunity provider. Additional nutrition information available upon request.*

K-12 CORE BREAKFAST  
**March**

# BREAKFAST

Monday 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13
<p>Breakfast Sausage and Pancake on a Stick</p> <p>Whole Grain Bagel w/ Cream Cheese (v).</p> <p>Blueberry Muffin w/ String Cheese (v).</p>	<p>Chicken &amp; Waffle Sandwich (v).</p> <p>Vanilla Yogurt w/ Graham Cracker (v).</p> <p>Apple Cinnamon Muffin w/ String Cheese (v).</p>	<p>Whole Grain French Toast w/ Syrup (v).</p> <p>Oatmeal Raisin Breakfast Round (v).</p> <p>Blueberry Muffin w/ String Cheese (v).</p>	<p>Scrambled Eggs w/ Whole Grain Biscuit (v).</p> <p>Apple Cinnamon Muffin w/ String Cheese (v).</p>	<p><b>No School</b></p>
<p>Orange Wedges Strawberries</p>	<p>Fresh Apple Fresh Tangerine</p>	<p>Orange Wedges Pears</p>	<p>Grape Juice Apple Slices</p>	

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K-12 CORE BREAKFAST

March

# BREAKFAST

Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20
<p>Turkey Bacon &amp; Egg Pizza.</p> <p>Oatmeal Raisin Breakfast Round (v).</p> <p>Apple Cinnamon Muffin w/ String Cheese (v).</p>	<p>Oatmeal (v).</p> <p>Hard Boiled Egg Breakfast Bento Box (v).</p> <p>Banana Muffin w/ String Cheese (v).</p>	<p>Breakfast Sausage &amp; Pancake on a Stick.</p> <p>Blueberry Snack'n Waffles (v).</p> <p>Apple Cinnamon Muffin w/ String Cheese (v).</p>	<p>Potato, Egg, &amp; Cheese Breakfast Bowl (v).</p> <p>Bagel w/ Cream Cheese (v).</p> <p>Banana Muffin w/String Cheese (v).</p>	<p><u>Parfait Bar</u> Vanilla or Strawberry Yogurt w/ Graham Crackers or Granola (v).</p> <p><u>Apple Cinnamon Muffin w/ String Cheese (v).</u></p>
<p>Pears</p> <p>Fresh Tangerines</p>	<p>Orange Slices</p> <p>Baked Apple Slices</p>	<p>Fresh Apple</p> <p>Orange Wedges</p>	<p>Apple Juice</p> <p>Fresh Banana</p>	<p>Fresh Apples</p> <p>Strawberries</p>
Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27
<p>French Toast Sticks w/ Syrup (v).</p> <p>Banana Muffin w/String Cheese (v).</p>	<p>Scrambled Eggs w/ Toast (v).</p> <p>Maple Snack'n Waffle (v).</p> <p>Blueberry Muffin w/String Cheese (v).</p>	<p>Cinnamon Roll Smoothie w/ Graham Cracker (v).</p> <p>Tropical Mango Breakfast Round (v).</p> <p>Banana Muffin w/ String Cheese (v).</p>	<p>Egg &amp; Cheese Sandwich on an English Muffin (v).</p> <p>Bagel w/ Cream Cheese (v).</p> <p>Blueberry Muffin w/ String Cheese (v).</p>	<p><u>Parfait Bar</u> Vanilla or Strawberry Yogurt w/ Graham Crackers or Granola (v).</p> <p>Banana Muffin w/ String Cheese (v).</p>
<p>Fresh Apple</p> <p>Fresh Tangerine</p>	<p>Apple Juice</p> <p>Oranges</p>	<p>Grape Juice</p> <p>Strawberries</p>	<p>Fresh Banana</p> <p>Baked Cinnamon Apples</p>	<p>Fresh Tangerines</p> <p>Fresh Apples</p>

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K-12 CORE BREAKFAST  
**March/April**

# BREAKFAST

Monday 30	Tuesday 31	Wednesday 1	Thursday 2	Friday 3
<p>Blueberry Snack'n Waffle (v).</p> <p>Hard Boiled Egg Bento Box (v).</p> <p>Apple Cinnamon Muffin w/ String Cheese (v).</p>	<p>Potato, Egg, &amp; Cheese Breakfast Bowl w/ Salsa (v).</p> <p>Yogurt Breakfast Bento Box (v).</p> <p>Blueberry Muffin w/ String Cheese (v).</p>	<p>Chicken &amp; Waffle Sandwich (v).</p> <p>Oatmeal Raisin Round (v).</p> <p>Blueberry Muffin w/ String Cheese (v).</p>	<p>Cheese Omelet w/ Whole Grain Biscuit (v).</p> <p>Bagel w/ Cream Cheese (v).</p> <p>Apple Cinnamon Muffin w/ String Cheese (v).</p>	<p>Cinnamon Roll Smoothie (v).</p> <p>Apple Cinnamon Oatmeal (v).</p> <p>Blueberry Muffin w/ String Cheese (v).</p>
<p>Orange Wedges</p> <p>Fresh Pears</p>	<p>Grape Juice</p> <p>Fresh Tangerine</p>	<p>Apple Juice</p> <p>Pineapple</p>	<p>Pear</p> <p>Fresh Banana</p>	<p>Strawberries</p> <p>Baked Apples</p>
Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10
<p>Cheesy Scrambled Eggs w/ Toast (v).</p> <p>Banana Muffin w/ String Cheese (v).</p>	<p><u>Parfait Bar</u> Vanilla or Strawberry Yogurt w/ Graham Crackers or Granola (v).</p> <p>Apple Cinnamon Muffin w/ String Cheese (v).</p>	<p>Egg &amp; Cheese Bagel Sandwich (v).</p> <p>Bagel w/ Cream Cheese (v).</p> <p>Banana Muffin w/ String Cheese (v).</p>	<p>Whole Grain French Toast Sticks w/ Syrup (v).</p> <p>Hard Boiled Egg Bento Box (v).</p> <p>Apple Cinnamon Muffin w/ String Cheese (v).</p>	<p>Egg &amp; Cheese Bagel Sandwich (v).</p> <p>Oatmeal (ve).</p> <p>Banan Muffin w/ String Cheese (v).</p>
<p>Fresh Apple</p> <p>Grape Juice</p>	<p>Fresh Apple</p> <p>Fresh Tangerine</p>	<p>Apple Juice</p> <p>Orange Wedges</p>	<p>Pears</p> <p>Strawberries</p>	<p>Baked Apple Slices</p> <p>Fresh Bananas</p>

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