

K-12 CORE BREAKFAST

March

BREAKFAST



National School Breakfast Week!



Monday 4	Tuesday 5	Wednesday 6	Thursday 7	Friday 8
Build your own parfait -strawberry or vanilla yogurt -granola or graham crackers -frozen blueberries or strawberries Plain Bagel w/Cream Cheese (v).	Egg & Cheese Flatbread Sandwich (v). Vanilla Yogurt w/Graham Crackers (v). Banana Muffin w/Cheese Stick (v).	7 Layer Apple Parfait (v). Oatmeal w/Baked Cinnamon Apples (v). Apple Cinnamon Muffin w/String Cheese (v).	Whole Grain French Toast Sticks. Blueberry Patch Parfait w/Graham Crackers(v).	Build your own bowl -scrambled eggs (v) or turkey crumbles -peppers & onions or sautéed mushrooms or potatoes -toppings: cheese, salsa & hot sauce -served w/biscuit
Orange Wedges Frozen Blueberries	Fresh Apple Tangerine	Fresh Whole Apples Watermelon	Grape Juice Apple Slices	Applesauce Fresh Banana
Monday 11	Tuesday 12	Wednesday 13	Thursday 14	Friday 15
Breakfast Bowl w/Egg Potato, Cheese & Salsa (v). Vanilla Yogurt w/Graham Crackers(v). Blueberry Muffin w/String Cheese (v).	French Toast Sticks w/Syrup (v). Sunrise Breakfast Round (v). Apple Cinnamon Muffin w/String Cheese (v).	Egg & Cheese Bagel Sandwich(v). Blueberry Waffle (v). Banana Muffin w/String Cheese(v).	No School	No School
Frozen Blueberries Tangerine	Orange Wedges Cinnamon Apples	Cantaloupe Orange Wedges		

Daily offerings include assorted cereal bowls 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.

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Monday 18	Tuesday 19	Wednesday 20	Thursday 21	Friday 22
French Toast Sticks w/Syrup (v). Banana Muffin w/String Cheese (v).	Scrambled Eggs w/Toast (v). Maple Snack'n Waffle (v). Banana Muffin w/Cheese Stick (v).	Biscuit w/Old Fashioned Country Gravy. Tropical Mango Breakfast (v). Apple Cinnamon Muffin w/String Cheese (v).	Cheese Omelets (v). Plain Bagel w/Cream Cheese (v). Banana Muffin w/String Cheese (v).	Sausage & Cheese Breakfast Sandwich. Vanilla Yogurt w/Graham Crackers (v). Blueberry Muffin w/String Cheese (v)
Fresh Whole Apple Tangerine	Apple Juice Pineapple Tidbits	Fresh Banana Frozen	Pineapple Tidbits Orange Wedges	Tangerine Red Seedless Grapes

Monday 25	Tuesday 26	Wednesday 27	Thursday 28	Friday 29
Blueberry Waffle (v). Hard Boiled Egg Bento Box (v). Banana Muffin w/String Cheese (v)	Turkey Sausage Breakfast Pizza. Cinnamon French Toast Bites (v). Blueberry Muffin w/String Cheese (v).	Chicken Biscuit Sandwich. Sunrise Breakfast Round (v).	Egg & Potato Breakfast Burrito. Whole Grain Bagel w/Cream Cheese (v). Apple Cinnamon Muffin w/String Cheese (v).	Strawberry Oatmeal (ve). Vanilla Yogurt w/Graham Crackers (v). Blueberry Muffin w/String Cheese (v).
Banana Orange Wedges	Grape Juice Tangerine	Applesauce Strawberry Cup	Red Seedless Grapes Banana	Frozen Blueberries Strawberry Cup

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