

K-12 CORE BREAKFAST
March

BREAKFAST

Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7
<p>French Toast Sticks (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>Spiced Apple Parfait (v).</p> <p>Tropical Mango Breakfast Round (v).</p> <p>Banana Muffin w/Sting Cheese (v).</p>	<p><u>Parfait Bar</u> (v).</p> <p>Strawberry or Vanilla Yogurt with Graham Cracker or Granola</p>	<p>Sausage & Cheese Breakfast Sandwich.</p> <p>Plain Bagel w/Cream Cheese (v).</p> <p>Blueberry Muffin w/Sting Cheese (v).</p>
<p>Fresh Tangerine</p> <p>Whole Apple</p>	<p>Apple Juice</p> <p>Whole Orange</p>	<p>Grape Juice</p> <p>*Green Apples*</p>	<p>Baked Cinnamon Apples</p> <p>Banana</p>	<p>Fresh Tangerine Plum</p>

Hear the Crunch!



D.C. Hunger Solutions
 Ending Hunger in the Nation's Capital

Daily offerings include frosted mini wheats, cinnamon chex, and cheerios 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.

Monday 10	Tuesday 11	Wednesday 12	Thursday 13	Friday 14
Blueberry Snack'n Waffle (v). Hard Boiled Egg Bento Box (v). Banana Muffin w/String Cheese (v).	Turkey Bacon & Egg Breakfast Pizza. Yogurt Breakfast Bento Box (v). Blueberry Muffin w/Sting Cheese (v).	Chicken Biscuit Sandwich. Oatmeal Breakfast Round (v).	No School	No School
Frozen Blueberries Orange Juice	Grape Juice Fresh Tangerine	Apple Juice Pineapple		
Monday 17	Tuesday 18	Wednesday 19	Thursday 20	Friday 21
Cheesy Scrambled Eggs w/Toast(v). Blueberry Muffin w/String Cheese (v).	Parfait Bar (v) Strawberry or Vanilla Yogurt with Graham Cracker or Granola Banana Muffin w/String Cheese (v).	Breakfast Tacos. Plain Bagel w/Cream Cheese (v). Blueberry Muffin w/String Cheese(v).	Whole Grain French Toast Sticks w/Syrup (v). Hard Boiled Egg Bento Box (v).	Potato Egg & Cheese Breakfast Bowl w/ Salsa (v). Banana Muffin w/ String Cheese (v).
Fresh Apple Grape Juice	Strawberries Tangerine	Apple Juice Orange Wedges	Fresh Banana Baked Cinnamon Apples	Fresh Banana Frozen Blueberries

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K-12 CORE BREAKFAST
March/April

BREAKFAST

Monday 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28
Breakfast on a Stick Whole Grain Bagel w/ Cream Cheese (v). Blueberry Muffin w/ String Cheese (v).	Biscuit Egg & Cheese Sandwich (v). Vanilla Yogurt w/Graham Crackers (v). Banana Muffin w/String Cheese (v).	Scrambled Eggs w/ Whole Grain Biscuit (v). Oatmeal Raisin Round (v). Blueberry Muffin w/String Cheese (v).	Whole Grain French Toast Sticks w/Syrup (v). Blueberry Patch Parfait w/Graham Crackers (v). Banana Muffin w/String Cheese (v).	Tater Tot Breakfast Burrito (v). Maple Snack'n Waffle (v). Blueberry Muffin w/String Cheese (v).
Orange Wedges Frozen Blueberries	Fresh Apple Fresh Tangerine	Orange Wedges Fresh Pear	Grape Juice Apple Slices	Applesauce Fresh Banana

Monday 31	Tuesday 1	Wednesday 2	Thursday 3	Friday 4
Potato Egg & Cheese Breakfast Bowl w/Salsa (v). Oatmeal Round (v). Blueberry Muffin w/String Cheese (v).	Peach Cobbler Breakfast Square (v). Hard Boiled Egg Bento Box (v). Banana Muffin w/String Cheese (v).	Egg & Cheese Bagel Sandwich (v). Blueberry Snack'n Waffle (v). Banana Muffin w/String Cheese (v).	Breakfast Sausage and Pancake on a Stick. Whole Grain Bagel w/Cream Cheese (v). Blueberry Muffin w/String Cheese (v).	<u>Parfait Bar (v).</u> Strawberry or Vanilla Yogurt with Graham Cracker or Granola
Fresh Pear Fresh Tangerine	Orange Slices Baked Cinnamon Apples	Fresh Apple Orange Wedges	Apple Juice Banana	Blueberries Strawberries

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