



FOOD FOCUS: Cruciferous Vegetable

This institution is an equal opportunity employer and provider.

CAIRO JR/SR HIGH SCHOOL: MARCH 2018 BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Blueberry Parfait w/ Granola Fresh Orange Wedges Apple Juice Low Fat Milk Choice	2 Green Eggs & Ham w/ Buttered Toast Red Apple Half Orange Juice Low Fat Milk Choice
5 No School	6 Ham, Egg, & Cheese Flatbread Fold Pineapple Tidbits Fruit Punch Low Fat Milk Choice	7 Pancakes w/ Syrup Baked Apple Slices Apple Juice Low Fat Milk Choice	8 Scrambled Eggs & Waffle w/ Syrup Chilled Peaches Grape Juice Low Fat Milk Choice	9 Sausage & Cheese Biscuit Red Apple Half Orange Juice Low Fat Milk Choice
12 Breakfast Pizza Cinnamon Applesauce Orange Juice Low Fat Milk Choice	13 Scrambled Eggs w/ Cheese & Cinnamon Toast Chilled Peaches Apple Juice Low Fat Milk Choice	14 Ham, Egg & Cheese Burrito Raisins Orange Juice Low Fat Milk Choice	15 Waffles W/ Syrup Fruit Cocktail Grape Juice Low Fat Milk Choice	16 Biscuit & Gravy Fresh Banana Apple Juice Low Fat Milk Choice
19 Breakfast Pizza Fresh Orange Wedges Grape Juice Low Fat Milk Choice	20 Grilled Cheese Chilled Diced Pears Apple Juice Low Fat Milk Choice	21 Ham, Egg, & Cheese Flatbread Fold Fresh Red Grapes Fruit Punch Low Fat Milk Choice	22 Waffles W/ Syrup Fruit Cocktail Apple Juice Low Fat Milk Choice	23 Biscuit & Gravy Pineapple Orange Juice Low Fat Milk Choice
26 No School	27 No School	28 Enjoy Your Spring break!! See You Back On April 3rd	29 No School	30 Daily Alternative Choice of Cereal, Muffin paired with string cheese, Graham Cracker or yogurt

BREAKFAST: A full student breakfast includes a choice of entree supplying grain and/or Y