

Have a
Great Day!

March 2018

Meal Includes:
Meat/Meal Alternate, Grains, Fruit and Milk



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Blueberry Muffin, Fruit Yogurt Belgian Waffles, Mixed Berries Fresh or Cupped Fruit Non-fat& 1% Milk	2 Peanut Butter and Jelly Sandwich, Banana Scrambled Egg with Turkey Bacon bits, w/w Toast Fresh or Cupped Fruit Non-fat& 1% Milk
5 Banana Pancakes w/Syrup Breakfast Burrito w/ Turkey/Bacon, Egg & Cheese Fresh or Cupped Fruit Non-fat& 1% Milk	6 Turkey/Ham, Egg & Cheddar Frittata w/Breakfast Biscuit Cinnamon Raisin Bagels, Fresh cut Fruit, Lite Cream Cheese Fresh or Cupped Fruit Non-fat& 1% Milk	7 Bacon, Egg & Cheese on a Kaiser Roll Bran Muffin, Fresh Fruit, Cheese Stick Fresh or Cupped Fruit Non-fat& 1% Milk	8 Warm Banana Bread, Cheddar Cheese Stick Hot Cream of Wheat w/Peach Topping Fresh or Cupped Fruit Non-fat& 1% Milk	9 Cheese Omelet, Hash Brown Potatoes, Whole Wheat Toast Turkey/Ham & Egg on w/w English Muffin Fresh or Cupped Fruit Non-fat& 1% Milk
12 Sausage, Egg & Cheese on an English Muffin Hot Oatmeal w/Fresh Blueberries Fresh or Cupped Fruit Non-fat& 1% Milk	13 Warm Apple Muffin, Sliced apples Scrambled Egg w/Whole Wheat Toast Fresh or Cupped Fruit Non-fat& 1% Milk	14 Turkey/Bacon, Egg & Cheese w/w Kaiser Roll Baked Potato Basket, Egg & Cheese w/Toast Fresh or Cupped Fruit Non-fat& 1% Milk	15 French Toast w/Syrup Grilled Cheese Sandwich on w/w Bread, Fresh Fruit Fresh or Cupped Fruit Non-fat& 1% Milk	16 Cheesy Scrambled Egg w/Whole Wheat Bagel Cinnamon Raisin Bagel, Lite Cream Cheese, Fresh Fruit Fresh or Cupped Fruit Non-fat& 1% Milk
19 Blueberry Muffin, Cheese Sticks, Fresh Fruit Scrambled Egg, w/w Bagel, Sausage Patty Fresh or Cupped Fruit Non-fat& 1% Milk	20 Sausage, Egg & Cheese on w/w Biscuit Cinnamon Raisin Bagel, Lite Cream Cheese Fresh or Cupped Fruit Non-fat& 1% Milk	21 Pancake w/Syrup, Cupped Fruit Hardboiled Egg w/w Bagel, Cream Cheese Fresh or Cupped Fruit Non-fat& 1% Milk	22 Cream of Wheat w/Fresh-cut Fruit Belgian Waffles w/Mixed Berries Fresh or Cupped Fruit Non-fat& 1% Milk	23 Egg & Cheese in a Pita Berry & Yogurt Parfait w/Granola Fresh or Cupped Fruit Non-fat& 1% Milk
26 Bacon, Egg & Cheese on a Kaiser Roll Cinnamon Raisin Bagel, Lite Cream Cheese, Fresh Fruit Fresh or Cupped Fruit Non-fat& 1% Milk	27 Ham & Cheese Frittata w/ Whole Wheat Toast Yogurt Parfait w/Fruit & Granola Fresh or Cupped Fruit Non-fat& 1% Milk	28 Belgian Waffles, Mixed Berries Scrambled Eggs Whole Wheat Bagel Fresh or Cupped Fruit Non-fat& 1% Milk	29 Peanut Butter and Jelly Sandwich, Banana Bacon, Egg & Cheese on a Kaiser Roll Fresh or Cupped Fruit Non-fat& 1% Milk	30 Spring Recess Begins School Closed

Available at Every Breakfast

Grain: Bagels, English Muffins, Whole Wheat Bread,

Milk: Low-Fat White and Non-Fat Chocolate

Fruit: Fresh fruit & Cup Fruit

Water available at every meal

This institution is an equal opportunity provider.