

MARCH 2019

HOT BREAKFAST MENU GRADES 6-12



ALLERGEN & CARBOHYDRATE INFORMATION

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

				<p>1</p> <p>Warm Whole Grain Oatmeal 19 WSM OR Whole Grain Pancakes 28 WSME with Syrup 25 Sugar Free Syrup 5 Scrambled Eggs 0 SME Turkey Sausage Links 1 Fruit Choice 15 Milk Choice 13, 25, 22 M</p>
<p>4</p> <p>Snow Day</p>	<p>5</p> <p>Turkey Bacon, Egg and Cheese Whole Grain "Breakfast Pizza" 25 WSME</p> <p>Fruit Choice 15</p> <p>Milk Choice 13, 25, 22 M</p>	<p>6</p> <p>EARLY RELEASE</p> <p>Please see "Build Your Own Breakfast " Menu</p>	<p>7</p> <p>Mini Whole Grain Blueberry Pancakes, 31 WSME with Syrup 25 Sugar Free Syrup 5</p> <p>Fruit Choice 15</p> <p>Milk Choice 13, 25, 22 M</p>	<p>8</p> <p>Warm Whole Grain Cheese Grits 19 SM OR Scrambled Eggs 0 SME Turkey Bacon Strips 0 Cheese Grits 19 SM Fruit Choice 15 Milk Choice 13, 25, 22 M</p>
<p>11</p> <p>Whole Grain Glazed Cinnamon French Toast 28 WSE with Syrup 25 Sugar Free Syrup 5</p> <p>Fruit Choice 15</p> <p>Milk Choice 13, 25, 20 M</p>	<p>12</p> <p>Tac-go Egg, Cheese, and Turkey Sausage on a Whole Grain Tortilla 14 WSME</p> <p>Fruit Choice 15</p> <p>Milk Choice 13, 25, 22 M</p>	<p>13</p> <p>Egg and Cheese Sandwich on a Whole Grain English Muffin 26 WSME</p> <p>Hash Brown Rounds 16 S</p> <p>Fruit Choice 15</p> <p>Milk Choice 13, 25, 22 M</p>	<p>14</p> <p>Mini Whole Grain Maple Pancakes, 40 WSME with Syrup 25 Sugar Free Syrup 5</p> <p>Fruit Choice 15</p> <p>Milk Choice 13, 25, 22 M</p>	<p>15</p> <p>Warm Whole Grain Oatmeal 19 WSM OR Whole Grain Pancakes 28 WSME with Syrup 25 Sugar Free Syrup 5 Scrambled Eggs 0 SME Turkey Sausage Links 1 Fruit Choice 15 Milk Choice 13, 25, 22 M</p>

18	19	20	21	22
<p>Mini Whole Grain Maple Waffles 38 WSME, with Syrup 25 Sugar Free Syrup 5</p> <p>Fruit Choice 15</p> <p>Milk Choice 13, 25, 22 M</p>	<p>Turkey Bacon, Egg and Cheese Whole Grain "Breakfast Pizza" 25 WSME</p> <p>Fruit Choice 15</p> <p>Milk Choice 13, 25, 22 M</p>	<p>Mini Whole Grain Blueberry Pancakes, 31 WSME with Syrup 25 Sugar Free Syrup 5</p> <p>Fruit Choice 15</p> <p>Milk Choice 13, 25, 22 M</p>	<p>Stuffed Whole Grain Croissant with Turkey Ham, Egg and Cheese 33 WSME</p> <p>Fruit Choice 15</p> <p>Milk Choice 13, 25, 22 M</p>	<p>Warm Whole Grain Sweet Grits 19 SM</p> <p>OR</p> <p>Scrambled Eggs 0 SME</p> <p>Turkey Bacon Strips 0</p> <p>Sweet Grits 19 SM</p> <p>Fruit Choice 15</p> <p>Milk Choice 13, 25, 22 M</p>
25	26	27	28	29
<p>Whole Grain Glazed Cinnamon French Toast 28 WSE with Syrup 25 Sugar Free Syrup 5</p> <p>Fruit Choice 15</p> <p>Milk Choice 13, 25, 20 M</p>	<p>Tac-go Egg, Cheese, and Turkey Sausage on a Whole Grain Tortilla 14 WSME</p> <p>Fruit Choice 15</p> <p>Milk Choice 13, 25, 22 M</p>	<p>Mini Whole Grain Maple Pancakes, 40 WSME with Syrup 25 Sugar Free Syrup 5</p> <p>Fruit Choice 15</p> <p>Milk Choice 13, 25, 22 M</p>	<p>Egg and Cheese Sandwich on a Whole Grain English Muffin 26 WSME</p> <p>Hash Brown Rounds 16 S</p> <p>Fruit Choice 15</p> <p>Milk Choice 13, 25, 22 M</p>	<p>Warm Whole Grain Oatmeal 19 WSM OR Whole Grain Pancakes 28 WSME with Syrup 25 Sugar Free Syrup 5</p> <p>Scrambled Eggs 0 SME</p> <p>Turkey Sausage Links 1</p> <p>Fruit Choice 15</p> <p>Milk Choice 13, 25, 22 M</p>

Key: W=Wheat/Gluten, S=Soy, M=Milk/Dairy, E=Egg

Grams of Carbohydrate are indicated by the number following the menu item

We serve reduced sugar and whole grains every day!

All juices are 100% fruit juice with no added sugar!

Every Breakfast comes with your choice of milk and fruit!

Although we make every effort to serve menus as planned, this menu may change without notice.

"Build Your Own Breakfast" options also available daily!
(please see menu for offerings)

Eating a nutritious breakfast helps everyone fuel up for success in the classroom and beyond!

Breakfast is offered EVERY morning!

This Is An Equal Opportunity Institution