



MARCH 2020 GRADE 6-12 BREAKFAST



| MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | |
|----------------|--|----------------|---|---|---|---|---|--|---|
| 2 | <u>BUILD YOUR OWN!</u> YOGURT, GRANOLA AND FRUIT PARFAIT BAR! FRUIT, JUICE AND MILK CHOICES | 3 | SCRAMBLED EGGS, SAUSAGE HOME FRIES & TOAST FRUIT, JUICE AND MILK CHOICES | 4 | BREAKFAST SANDWICH WITH HAM, EGGS & CHEESE FRUIT, JUICE AND MILK CHOICES | 5 | CHOCOLATE CHIP PANCAKES! FRUIT, JUICE AND MILK CHOICES | 6 | ASSORTED WG BAGELS WITH CREAM CHEESE FRUIT, JUICE AND MILK CHOICES |
| CEREAL & TOAST | | CEREAL & TOAST | | CEREAL & TOAST | | CEREAL & TOAST | | CEREAL & TOAST | |
| 9 | FRENCH TOAST STICKS WITH SYRUP FRUIT, JUICE AND MILK CHOICES | 10 | WG MUFFIN FRUIT, JUICE AND MILK CHOICES | 11 | WAFFLE STICKS WITH MAPLE SYRUP FRUIT, JUICE AND MILK CHOICES | 12 | BREAKFAST PIZZA WITH SAUSAGE TOPPING FRUIT, JUICE AND MILK CHOICES | 13 | BREAKFAST SANDWICH WITH HAM, EGGS & CHEESE FRUIT, JUICE AND MILK CHOICES |
| CEREAL & TOAST | | CEREAL & TOAST | | CEREAL & TOAST | | CEREAL & TOAST | | CEREAL & TOAST | |
| 16 | BREAKFAST PIZZA WITH SAUSAGE TOPPING FRUIT, JUICE AND MILK CHOICES | 17 | <u>ST. PATRICK'S DAY!</u> CHEESE OMELET WITH SAUSAGE LINKS & TOAST FRUIT, JUICE AND MILK CHOICES | 18 | WG BLUEBERRY MUFFIN FRUIT, JUICE AND MILK CHOICES | 19 | WG BAGEL WITH CREAM CHEESE FRUIT, JUICE AND MILK CHOICES | 20 <u>NO SCHOOL TODAY</u> <u>TEACHER INSERVICE DAY!</u>  | |
| CEREAL & TOAST | | CEREAL & TOAST | | CEREAL & TOAST | | CEREAL & TOAST | | CEREAL & TOAST | |
| 23 | WHOLE GRAIN WAFFLE STICKS WITH SYRUP FRUIT, JUICE AND MILK CHOICES | 24 | <u>EARLY RELEASE DAY!</u> WG BAGEL WITH CREAM CHEESE FRUIT, JUICE AND MILK CHOICES | 25 | BREAKFAST SANDWICH WITH HAM EGG AND CHEESE FRUIT, JUICE AND MILK CHOICES | 26 | WG MUFFIN FRUIT, JUICE AND MILK CHOICES | 27 FRESH BAKED CINNAMON ROLL WITH GLAZE FRUIT, JUICE AND MILK CHOICES | |
| CEREAL & TOAST | | CEREAL & TOAST | | CEREAL & TOAST | | CEREAL & TOAST | | CEREAL & TOAST | |
| 30 | FRENCH TOAST STICKS WITH SYRUP FRUIT, JUICE AND MILK CHOICES | 31 | <u>BUILD YOUR OWN!</u> YOGURT, GRANOLA AND FRUIT PARFAIT BAR! FRUIT, JUICE AND MILK CHOICES |  MARCH 2-6 IS NATIONAL SCHOOL BREAKFAST WEEK! COME JOIN US FOR BREAKFAST!  | | <u>OFFERED DAILY!</u> <u>YOGURT-FRUIT SMOOTHIES</u> <u>YOGURT- FRUIT PARFIATS</u> <u>GRAB N-GO</u> | | CEREAL & TOAST | |
| CEREAL & TOAST | | CEREAL & TOAST | | | | | | | |

QUESTIONS, COMMENTS OR CONCERNS, PLEASE CONTACT BARBARA BONNELL, NUTRITION DIRECTOR-465-7384 or bbonnell@rsu18.org

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