



BREAKFAST – FREE TO ALL STUDENTS
GRAB AND GO CARTS IN EACH SCHOOL

Cart Choice: First Breakfast Item/Juice
 OR 2 oz. Cereal/Juice

Also may take fruit and/or milk
TRADITIONAL BREAKFAST IN DINING ROOM



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods.
 Go light on the meat and top your pizza with vegetables like tomatoes,
 onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

Adult Breakfast \$1.50

"USDA is an equal opportunity provider and employer."



Monday



Tuesday



Wednesday

Thursday

Friday

Breakfast Pizza ④

6

Toast
 May take one item listed below with toast:
 Cereal, Cereal Bar
 Pop Tart, String Cheese
 Assorted Fruit/Fruit Juice: May take both
 Milk: May take

Sausage Biscuit ⑦

7

Toast
 May take one item listed below with toast:
 Cereal, Cereal Bar
 Pop Tart, String Cheese
 Assorted Fruit/Fruit Juice: May take both
 Milk: May take

Pancake & Sausage on Stick ①

1

Toast ③
 May take one item listed below with toast:
 Cereal, Cereal Bar
 Pop Tart, String Cheese
 Assorted Fruit/Fruit Juice: May take both
 Milk: May take

Mini Cinnis ②

2

Scrambled Eggs/Toast
 Toast
 May take one item listed below with toast:
 Cereal, Cereal Bar
 Pop Tart, String Cheese
 Assorted Fruit/Fruit Juice: May take both
 Milk: May take

Ham & Cheese Croissant ③

3

Toast
 May take one item listed below with toast:
 Cereal, Cereal Bar
 Pop Tart, String Cheese
 Assorted Fruit/Fruit Juice: May take both
 Milk: May take

Sausage Biscuit ⑤

13

Toast
 May take one item listed below with toast:
 Cereal, Cereal Bar
 Pop Tart, String Cheese
 Assorted Fruit/Fruit Juice: May take both
 Milk: May take

French Toast Sticks ⑭

14

Scrambled Eggs/Toast
 Toast
 May take one item listed below with toast:
 Cereal, Cereal Bar
 Pop Tart, String Cheese
 Assorted Fruit/Fruit Juice: May take both
 Milk: May take

Mini Corn Dogs ⑮

15

Toast
 May take one item listed below with toast:
 Cereal, Cereal Bar
 Pop Tart, String Cheese
 Assorted Fruit/Fruit Juice: May take both
 Milk: May take

Ham & Cheese Croissant ⑯

16

Toast
 May take one item listed below with toast:
 Cereal, Cereal Bar
 Pop Tart, String Cheese
 Assorted Fruit/Fruit Juice: May take both
 Milk: May take

Chocolate Chip Muffin ⑰

17

Biscuit/Gravy
 Toast
 May take one item listed below with toast:
 Cereal, Cereal Bar
 Pop Tart, String Cheese
 Assorted Fruit/Fruit Juice: May take both
 Milk: May take

Dutch Waffle ①

20

Toast
 May take one item listed below with toast:
 Cereal, Cereal Bar
 Pop Tart, String Cheese
 Assorted Fruit/Fruit Juice: May take both
 Milk: May take

French Toast Breakfast Bar ⑳

21

Biscuit/Gravy
 Toast
 May take one item listed below with toast:
 Cereal, Cereal Bar
 Pop Tart, String Cheese
 Assorted Fruit/Fruit Juice: May take both
 Milk: May take

Chicken Biscuit ㉑

22

Toast
 May take one item listed below with toast:
 Cereal, Cereal Bar
 Pop Tart, String Cheese
 Assorted Fruit/Fruit Juice: May take both
 Milk: May take

Breakfast Pizza ㉒

23

Toast
 May take one item listed below with toast:
 Cereal, Cereal Bar
 Pop Tart, String Cheese
 Assorted Fruit/Fruit Juice: May take both
 Milk: May take

Spring Break

BREAKFAST: Must offer at least four food items from the three required components (fruit, grains, milk). The student must select three food items, including at least ½ cup fruit, to have a reimbursable meal.

Spring Break ㉗

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Manager's Choice ㉘

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Manager's Choice ㉙

29

Manager's Choice ㉚

30

Manager's Choice ㉛

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