



# March 9-12, K-12 Grab & Go Breakfast Menu

This institution is an equal opportunity provider.

### Breakfast Items Offered Daily

Fresh fruit, chilled fruit cups, condiments, 1% white and fat free white milk

Monday Mar 2	Tuesday Mar 3	Wednesday Mar 4	Thursday Mar 5	Friday Mar 6
hot option: french toast with yogurt dipping sauce & berries	hot option: egg and cheese breakfast quesadilla	hot option: turkey sausage, scrambled eggs, and cheese breakfast sandwich on an english muffin	hot option: <b>LOCAL</b> oatmeal with warm berries and cheese frittata	hot option: potato and cheese frittata and english muffin with butter
cold option: bagel with Sunbutter or cream cheese	cold option: strawberry banana smoothie with side of original breakfast biscuit	cold option: english muffin with Sunbutter or cream cheese	cold option: very berry smoothie with side of cereal	cold option: blueberry muffin
Assorted cold cereals & breakfast bars	Assorted cold cereals & breakfast bars	Assorted cold cereals & breakfast bars	Assorted cold cereals & breakfast bars	Assorted cold cereals & breakfast bars
Monday Mar 9	Tuesday Mar 10	Wednesday Mar 11	Thursday Mar 12	Friday Mar 13
hot option: turkey sausage, scrambled eggs, and cheese breakfast sandwich on an english muffin	hot option: breakfast hash with original breakfast biscuit	hot option: french toast with yogurt dipping sauce & berries	hot option: egg and cheese breakfast burrito	hot option: <b>LOCAL</b> oatmeal with warm berries and cheese frittata
cold option: chocolate chip muffin	cold option: strawberry banana smoothie with side of original breakfast biscuit	cold option: bagel with Sunbutter or cream cheese	cold option: very berry smoothie with side of cereal	cold option: bagel with Sunbutter or cream cheese
Assorted cold cereals & breakfast bars	Assorted cold cereals & breakfast bars	Assorted cold cereals & breakfast bars	Assorted cold cereals & breakfast bars	Assorted cold cereals & breakfast bars
Monday Mar 16	Tuesday Mar 17	Wednesday Mar 18	Thursday Mar 19	Friday Mar 20
hot option: french toast with yogurt dipping sauce & berries	hot option: egg and cheese breakfast quesadilla	hot option: turkey sausage, scrambled eggs, and cheese breakfast sandwich on an english muffin	hot option: <b>LOCAL</b> oatmeal with warm berries and cheese frittata	hot option: potato and cheese frittata and english muffin with butter
cold option: bagel with Sunbutter or cream cheese	cold option: strawberry banana smoothie with side of original breakfast biscuit	cold option: english muffin with Sunbutter or cream cheese	cold option: very berry smoothie with side of cereal	cold option: blueberry muffin
Assorted cold cereals & breakfast bars	Assorted cold cereals & breakfast bars	Assorted cold cereals & breakfast bars	Assorted cold cereals & breakfast bars	Assorted cold cereals & breakfast bars
Monday Mar 23	Tuesday Mar 24	Wednesday Mar 25	Thursday Mar 26	Friday Mar 27
hot option: turkey sausage, scrambled eggs, and cheese breakfast sandwich on an english muffin	hot option: breakfast hash with original breakfast biscuit	hot option: french toast with yogurt dipping sauce & berries	hot option: egg and cheese breakfast burrito	hot option: <b>LOCAL</b> oatmeal with warm berries and cheese frittata
cold option: chocolate chip muffin	cold option: strawberry banana smoothie with side of original breakfast biscuit	cold option: bagel with Sunbutter or cream cheese	cold option: very berry smoothie with side of cereal	cold option: bagel with Sunbutter or cream cheese
Assorted cold cereals & breakfast bars	Assorted cold cereals & breakfast bars	Assorted cold cereals & breakfast bars	Assorted cold cereals & breakfast bars	Assorted cold cereals & breakfast bars
Monday Mar 30	Tuesday Mar 31			
hot option: french toast with yogurt dipping sauce & berries	hot option: egg and cheese breakfast quesadilla			
cold option: bagel with Sunbutter or cream cheese	cold option: strawberry banana smoothie with side of original breakfast biscuit			
Assorted cold cereals & breakfast bars	Assorted cold cereals & breakfast bars			