




**GRADES 6-12 BREAKFAST MENU MARCH 2020**

**\*National School Breakfast Week March 2-6**

MONDAY	TUESDAY	Lean & Green Wed	THURSDAY	FRIDAY		
<p><b>3/2 Choose One</b>            *Waffle Sticks (36g)            Assorted Bagel (29-35g)/Cream Cheese (2g) or Peanut Butter (6g)</p>	<p><b>3/3 Choose One</b>            *Egg, Cheese, &amp; Turkey Sausage Breakfast Pizza (25g)            Assorted Bagel (29-35g)/Cream Cheese (2g) or Peanut Butter (6g)</p>	<p><b>3/4 Choose One</b>            *Fab Nachos (38g)            Cinnamon Toast Crunch            Cheese Filled Bar (40g)</p>	<p> <b>3/5 Choose One</b>            Ohio Day *Fiesta Egg &amp; Cheese Burrito (40g)            Assorted Bagel (29-35g)/Cream Cheese (2g) or Peanut Butter (6g)</p>	<p><b>3/6 Choose One</b>            *Turkey Sausage Blueberry Pancake Stick (17g)            Assorted Bagel (29-35g)/Cream Cheese (2g) or Peanut Butter (6g)</p>		
<p><b>3/9 Choose One</b>            Cinnabar (45g)            Assorted Bagel (29-35g)/Cream Cheese (2g) or Peanut Butter (6g)</p>	<p><b>3/10 Choose One</b>            Yogurt Parfait (63-78g)            Assorted Bagel (29-35g)/Cream Cheese (2g) or Peanut Butter (6g)</p>	<p><b>3/11 Choose One</b>            Egg &amp; Cheese Croissant (29g)            Cinnamon Toast Crunch            Cheese Filled Bar (40g)</p>	<p><b>3/12 Choose One</b>            Turkey Sausage &amp; Cheese on Biscuit (29g)            Assorted Bagel (29-35g)/Cream Cheese (2g) or Peanut Butter (6g)</p>	<p><b>3/13 Choose One</b>            Assorted Pancakes (36-40g)            Assorted Bagel (29-35g)/Cream Cheese (2g) or Peanut Butter (6g)</p>		
<p><b>3/16 Choose One</b>            Egg &amp; Cheese Calzone (42g)            Assorted Bagel (29-35g)/Cream Cheese (2g) or Peanut Butter (6g)</p>	<p><b>3/17 Choose One</b>            French Toast Sticks (57g)            Assorted Bagel (29-35g)/Cream Cheese (2g) or Peanut Butter (6g)</p>	<p><b>3/18 Choose One</b>            Apple (36g) or Cherry (37g)            Frudel            Cinnamon Toast Crunch            Cheese Filled Bar (40g)</p>	<p><b>3/19 Choose One</b>            Turkey Ham/Egg/Cheese Croissant (30g)            Assorted Bagel (29-35g)/Cream Cheese (2g) or Peanut Butter (6g)</p>	<p><b>3/20 Choose One</b>            Turkey Sausage, Egg, &amp; Cheese Pancake Sandwich (33g)            Assorted Bagel (29-35g)/Cream Cheese (2g) or Peanut Butter (6g)</p>		
<p><b>3/23 Choose One</b>            Cinnabar (45g)            Assorted Bagel (29-35g)/Cream Cheese (2g) or Peanut Butter (6g)</p>	<p><b>3/24 Choose One</b>            Yogurt Parfait (63-78g)            Assorted Bagel (29-35g)/Cream Cheese (2g) or Peanut Butter (6g)</p>	<p><b>3/25</b>  <b>NO SCHOOL</b></p>	<p><b>3/26 Choose One</b>            Turkey Sausage &amp; Cheese on Biscuit (29g)            Assorted Bagel (29-35g)/Cream Cheese (2g) or Peanut Butter (6g)</p>	<p><b>3/27 Choose One</b>            Assorted Pancakes (36-40g)            Assorted Bagel (29-35g)/Cream Cheese (2g) or Peanut Butter (6g)</p>		
<p>NO PORK PRODUCTS OFFERED.</p> <p>NUTRIENT AND INGREDIENT CONTENT AVAILABLE UPON REQUEST.</p>	<p>This institution is an equal opportunity provider, employer, and lender.</p> <p>Menu is subject to change.            Rev 2/5/2020</p>	<p>A variety of fresh fruits; students may have as many fresh fruits that they would like to eat. A choice of 1% low fat white milk (13g), skim chocolate milk (22g), orange juice (14g), and apple juice (14g), are offered daily with breakfast.</p> <p><b>CHOOSE ONE MAIN ENTRÉE OR CHOOSE TWO OF THE FOLLOWING AT BREAKFAST:</b></p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; border: none;"> <ul style="list-style-type: none"> <li>Assorted Cereals (20-28g)</li> <li>Cinnamon Roll (20g)</li> <li>Hard Boiled Egg (1g)</li> <li>Honey Roasted Sunflower Seeds (11g)</li> <li>Peanut Butter &amp; Jelly Graham (30g)</li> </ul> </td> <td style="width: 50%; border: none;"> <ul style="list-style-type: none"> <li>Cheese Stick (1g)</li> <li>Graham Cracker (19g)</li> <li>Muffins (26-29g)</li> <li>Yogurt (14g)</li> </ul> </td> </tr> </table>			<ul style="list-style-type: none"> <li>Assorted Cereals (20-28g)</li> <li>Cinnamon Roll (20g)</li> <li>Hard Boiled Egg (1g)</li> <li>Honey Roasted Sunflower Seeds (11g)</li> <li>Peanut Butter &amp; Jelly Graham (30g)</li> </ul>	<ul style="list-style-type: none"> <li>Cheese Stick (1g)</li> <li>Graham Cracker (19g)</li> <li>Muffins (26-29g)</li> <li>Yogurt (14g)</li> </ul>
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