



MARCH BREAKFAST MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Studies show that kids who eat breakfast maintain or lose weight.</p>	<p>Children who skip breakfast often mistake hunger pangs for a tummy ache</p>	<p>A healthy heart starts with a healthy breakfast.</p>	<p>Grits w/Turkey Sausage Link WW Toast</p> <p>Applesauce Cup Fruit Juice Choice of Milk</p>	<p>PROFESSIONAL DAY FOR TEACHERS</p> <p>NO SCHOOL FOR STUDENTS</p>
<p>Chicken Patty w/Biscuit</p> <p>Sliced Peaches Fruit Juice Choice of Milk</p>	<p>Choice of Blueberry or Banana Muffin</p> <p>Mandarin Oranges Fruit Juice Choice of Milk</p>	<p>Pancake w/Syrup</p> <p>Applesauce Cup Fruit Juice Choice of Milk</p>	<p>Grits w/Turkey Sausage Patty WW Toast</p> <p>Diced Pear Cup Fruit Juice Choice of Milk</p>	<p>Breakfast Pizza</p> <p>Fruit Cocktail Fruit Juice Choice of Milk</p>
<p>French Toast Sticks w/Powdered Sugar Choice of Cereal</p> <p>Orange Wedges Fruit Juice Choice of Milk</p>	<p>Scrambled Eggs w/WW Toast</p> <p>Sliced Peaches Fruit Juice Choice of Milk</p>	<p>Ham Patty w/Biscuit</p> <p>Mandarin Oranges Fruit Juice Choice of Milk</p>	<p>Choice of Blueberry or Banana Muffin</p> <p>Diced Pear Cup Fruit Juice Choice of Milk</p>	<p>Breakfast Pizza</p> <p>Apple Slices Fruit Juice Choice of Milk</p>
<p>French Toast Sticks w/Powdered Sugar Choice of Cereal</p> <p>Sliced Peaches Fruit Juice Choice of Milk</p>	<p>Chicken Patty w/Biscuit</p> <p>Mandarin Oranges Fruit Juice Choice of Milk</p>	<p>Breakfast Pizza</p> <p>Apple Slices Fruit Juice Choice of Milk</p>	<p>Turkey Ham w/WW Croissant</p> <p>Diced Pear Cup Fruit Juice Choice of Milk</p>	<p>Pancake w/Sausage On A Stick</p> <p>Applesauce Cup Fruit Juice Choice of Milk</p>
<p>Breakfast Pizza</p> <p>Fruit Cocktail Fruit Juice Choice of Milk</p>	<p>Scrambled Eggs w/WW Toast</p> <p>Applesauce Cup Fruit Juice Choice of Milk</p>	<p>Blueberry or Banana Muffin</p> <p>Mandarin Oranges Fruit Juice Choice of Milk</p>	<p>Breakfast Bites</p> <p>Diced Pear Cup Fruit Juice Choice of Milk</p>	<p>Grits w/Scrambled Eggs WW Toast</p> <p>Turkey Bacon Applesauce Cup Fruit Juice Choice of Milk</p>

“This is an equal opportunity provider and employer.”

Cereal is offered daily with Breakfast

Assorted Milk Choices Available Daily: 1% White, Skim White, Fat Free Chocolate, Strawberry and Vanilla

Menus are subject to change based on availability.


Revised 11/17





Lifelong Learning Center
 Head Start/Family Literacy Programs

MARCH BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>Children who skip breakfast often mistake hunger pangs for a tummy ache</p>	<p>A healthy heart starts with a healthy breakfast.</p>	<p>Turkey Sausage Patty WW Toast</p> <p>Fruit Juice Choice of Milk</p>	<p>PROFESSIONAL DAY FOR TEACHERS</p> <p>NO SCHOOL FOR STUDENTS</p>
<p>Chicken Patty w/Biscuit</p> <p>Sliced Peaches Choice of Milk</p>	<p>Muffin</p> <p>Fruit Juice Choice of Milk</p>	<p>Pancake</p> <p>Applesauce Cup Choice of Milk</p>	<p>Turkey Sausage Patty WW Toast</p> <p>Fruit Juice Choice of Milk</p>	<p>Breakfast Pizza</p> <p>Fruit Cocktail Choice of Milk</p>
<p>French Toast Sticks</p> <p>Orange Wedges Choice of Milk</p>	<p>Pop Tart</p> <p>Fruit Juice Choice of Milk</p>	<p>Ham Patty w/Biscuit</p> <p>Mandarin Oranges Choice of Milk</p>	<p>Muffin</p> <p>Fruit Juice Choice of Milk</p>	<p>Breakfast Pizza</p> <p>Apple Slices Choice of Milk</p>
<p>French Toast Sticks</p> <p>Sliced Peaches Choice of Milk</p>	<p>Chicken Patty w/Biscuit</p> <p>Fruit Juice Choice of Milk</p>	<p>Breakfast Pizza</p> <p>Apple Slices Choice of Milk</p>	<p>Turkey Ham w/WW Croissant</p> <p>Fruit Juice Choice of Milk</p>	<p>Pancake</p> <p>Applesauce Cup Choice of Milk</p>
<p>Breakfast Pizza</p> <p>Fruit Cocktail Choice of Milk</p>	<p>Turkey Sausage Patty WW Toast</p> <p>Fruit Juice Choice of Milk</p>	<p>Muffin</p> <p>Mandarin Oranges Choice of Milk</p>	<p>Apple Frudel</p> <p>Fruit Juice Choice of Milk</p>	<p>Turkey Bacon WW Toast</p> <p>Applesauce Cup Choice of Milk</p>



“This is an equal opportunity provider and employer.”
 Cereal is offered daily with Breakfast
 Assorted Milk Choices Available Daily: 1% White, Skim White, Fat Free Chocolate, Strawberry and Vanilla
 Menus are subject to change based on availability.





MARCH BREAKFAST MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Studies show that kids who eat breakfast maintain or lose weight.</p>	<p>Children who skip breakfast often mistake hunger pangs for a tummy ache</p>	<p>A healthy heart starts with a healthy breakfast.</p>	<p>Grits w/Turkey Sausage Link WW Toast Or Breakfast Cereal Bar Applesauce Cup Fruit Juice Choice of Milk</p>	<p>PROFESSIONAL DAY FOR TEACHERS</p> <p>NO SCHOOL FOR STUDENTS</p>
<p>5 Chicken Patty w/Biscuit Or Breakfast Cereal Bar Sliced Peaches Fruit Juice Choice of Milk</p>	<p>6 Choice of Blueberry or Banana Muffin Or Breakfast Cereal Bar Mandarin Oranges Fruit Juice Choice of Milk</p>	<p>7 Pancake w/Syrup Or Breakfast Cereal Bar Applesauce Cup Fruit Juice Choice of Milk</p>	<p>8 Grits w/Turkey Sausage Patty WW Toast Or Breakfast Cereal Bar Diced Pear Cup Fruit Juice Choice of Milk</p>	<p>9 Breakfast Pizza Or Breakfast Cereal Bar Fruit Cocktail Fruit Juice Choice of Milk</p>
<p>12 French Toast Sticks w/Powdered Sugar Or Breakfast Cereal Bar Choice of Cereal Orange Wedges Fruit Juice Choice of Milk</p>	<p>13 Scrambled Eggs w/WW Toast Or Breakfast Cereal Bar Sliced Peaches Fruit Juice Choice of Milk</p>	<p>14 Ham Patty w/Biscuit Or Breakfast Cereal Bar Mandarin Oranges Fruit Juice Choice of Milk</p>	<p>15 Choice of Blueberry or Banana Muffin Or Breakfast Cereal Bar Diced Pear Cup Fruit Juice Choice of Milk</p>	<p>16 Breakfast Pizza Or Breakfast Cereal Bar Apple Slices Fruit Juice Choice of Milk</p>
<p>19 French Toast Sticks w/Powdered Sugar Or Breakfast Cereal Bar Choice of Cereal Sliced Peaches Fruit Juice Choice of Milk</p>	<p>20 Chicken Patty w/Biscuit Or Breakfast Cereal Bar Mandarin Oranges Fruit Juice Choice of Milk</p>	<p>21 Breakfast Pizza Or Breakfast Cereal Bar Apple Slices Fruit Juice Choice of Milk</p>	<p>22 Turkey Ham w/WW Croissant Or Breakfast Cereal Bar Diced Pear Cup Fruit Juice Choice of Milk</p>	<p>23 Pancake w/Sausage On A Stick Or Breakfast Cereal Bar Applesauce Cup Fruit Juice Choice of Milk</p>
<p>26 Breakfast Pizza Or Breakfast Cereal Bar Fruit Cocktail Fruit Juice Choice of Milk</p>	<p>27 Scrambled Eggs w/WW Toast Or Breakfast Cereal Bar Applesauce Cup Fruit Juice Choice of Milk</p>	<p>28 Blueberry or Banana Muffin Or Breakfast Cereal Bar Mandarin Oranges Fruit Juice Choice of Milk</p>	<p>29 Breakfast Bites Or Breakfast Cereal Bar Diced Pear Cup Fruit Juice Choice of Milk</p>	<p>30 Grits w/Scrambled Eggs WW Toast Or Breakfast Cereal Bar Turkey Bacon Applesauce Cup Fruit Juice Choice of Milk</p>

“This is an equal opportunity provider and employer.”

Cereal is offered daily with Breakfast

Assorted Milk Choices Available Daily: 1% White, Skim White, Fat Free Chocolate, Strawberry and Vanilla

Menus are subject to change based on availability.





MARCH BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Studies show that kids who eat breakfast maintain or lose weight.</p>	<p>Children who skip breakfast often mistake hunger pangs for a tummy ache</p>	<p>A healthy heart starts with a healthy breakfast.</p>	<p>Turkey Sausage Link WW Toast Or Breakfast Cereal Bar Applesauce Cup Fruit Juice Choice of Milk</p>	<p>PROFESSIONAL DAY FOR TEACHERS</p> <p>NO SCHOOL FOR STUDENTS</p>
<p>Chicken Patty w/Biscuit Or Breakfast Cereal Bar Sliced Peaches Fruit Juice Choice of Milk</p>	<p>Muffin Or Breakfast Cereal Bar Mandarin Oranges Fruit Juice Choice of Milk</p>	<p>Pancake w/Syrup Or Breakfast Cereal Bar Applesauce Cup Fruit Juice Choice of Milk</p>	<p>Turkey Sausage Patty WW Toast Or Breakfast Cereal Bar Diced Pear Cup Fruit Juice Choice of Milk</p>	<p>Breakfast Pizza Or Breakfast Cereal Bar Fruit Cocktail Fruit Juice Choice of Milk</p>
<p>French Toast Sticks w/Powdered Sugar Choice of Cereal Or Breakfast Cereal Bar Orange Wedges Fruit Juice Choice of Milk</p>	<p>Pop Tart Or Breakfast Cereal Bar Sliced Peaches Fruit Juice Choice of Milk</p>	<p>Ham Patty w/Biscuit Or Breakfast Cereal Bar Mandarin Oranges Fruit Juice Choice of Milk</p>	<p>Muffin Or Breakfast Cereal Bar Diced Pear Cup Fruit Juice Choice of Milk</p>	<p>Breakfast Pizza Or Breakfast Cereal Bar Apple Slices Fruit Juice Choice of Milk</p>
<p>French Toast Sticks w/Powdered Sugar Choice of Cereal Or Breakfast Cereal Bar Sliced Peaches Fruit Juice Choice of Milk</p>	<p>Chicken Patty w/Biscuit Or Breakfast Cereal Bar Mandarin Oranges Fruit Juice Choice of Milk</p>	<p>Breakfast Pizza Or Breakfast Cereal Bar Apple Slices Fruit Juice Choice of Milk</p>	<p>Turkey Ham w/WW Croissant Or Breakfast Cereal Bar Diced Pear Cup Fruit Juice Choice of Milk</p>	<p>Pancake w/Sausage On A Stick Or Breakfast Cereal Bar Applesauce Cup Fruit Juice Choice of Milk</p>
<p>Breakfast Pizza Or Breakfast Cereal Bar Fruit Cocktail Fruit Juice Choice of Milk</p>	<p>Turkey Sausage Patty WW Toast Or Breakfast Cereal Bar Applesauce Cup Fruit Juice Choice of Milk</p>	<p>Muffin Or Breakfast Cereal Bar Mandarin Oranges Fruit Juice Choice of Milk</p>	<p>Breakfast Bites Or Breakfast Cereal Bar Diced Pear Cup Fruit Juice Choice of Milk</p>	<p>Turkey Bacon WW Toast Or Breakfast Cereal Bar Applesauce Cup Fruit Juice Choice of Milk</p>

“This is an equal opportunity provider and employer.”

Cereal is offered daily with Breakfast

Assorted Milk Choices Available Daily: 1% White, Skim White, Fat Free Chocolate, Strawberry and Vanilla

Menus are subject to change based on availability.





MARCH BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Studies show that kids who eat breakfast maintain or lose weight.</p>	<p>Children who skip breakfast often mistake hunger pangs for a tummy ache</p>	<p>A healthy heart starts with a healthy breakfast.</p>	<p>Turkey Sausage Link WW Toast</p> <p>Applesauce Cup Fruit Juice Choice of Milk</p>	<p>PROFESSIONAL DAY FOR TEACHERS</p> <p>NO SCHOOL FOR STUDENTS</p>
<p>Chicken Patty w/Biscuit</p> <p>Sliced Peaches Fruit Juice Choice of Milk</p>	<p>Muffin</p> <p>Mandarin Oranges Fruit Juice Choice of Milk</p>	<p>Pancake w/Syrup</p> <p>Applesauce Cup Fruit Juice Choice of Milk</p>	<p>Turkey Sausage Patty WW Toast</p> <p>Diced Pear Cup Fruit Juice Choice of Milk</p>	<p>Breakfast Pizza</p> <p>Fruit Cocktail Fruit Juice Choice of Milk</p>
<p>French Toast Sticks w/Powdered Sugar Choice of Cereal</p> <p>Orange Wedges Fruit Juice Choice of Milk</p>	<p>Pop Tart</p> <p>Sliced Peaches Fruit Juice Choice of Milk</p>	<p>Ham Patty w/Biscuit</p> <p>Mandarin Oranges Fruit Juice Choice of Milk</p>	<p>Muffin</p> <p>Diced Pear Cup Fruit Juice Choice of Milk</p>	<p>Breakfast Pizza</p> <p>Apple Slices Fruit Juice Choice of Milk</p>
<p>French Toast Sticks w/Powdered Sugar Choice of Cereal</p> <p>Sliced Peaches Fruit Juice Choice of Milk</p>	<p>Chicken Patty w/Biscuit</p> <p>Mandarin Oranges Fruit Juice Choice of Milk</p>	<p>Breakfast Pizza</p> <p>Apple Slices Fruit Juice Choice of Milk</p>	<p>Turkey Ham w/WW Croissant</p> <p>Diced Pear Cup Fruit Juice Choice of Milk</p>	<p>Pancake w/Sausage On A Stick</p> <p>Applesauce Cup Fruit Juice Choice of Milk</p>
<p>Breakfast Pizza</p> <p>Fruit Cocktail Fruit Juice Choice of Milk</p>	<p>Turkey Sausage Patty WW Toast</p> <p>Applesauce Cup Fruit Juice Choice of Milk</p>	<p>Muffin</p> <p>Mandarin Oranges Fruit Juice Choice of Milk</p>	<p>Breakfast Bites</p> <p>Diced Pear Cup Fruit Juice Choice of Milk</p>	<p>Turkey Bacon WW Toast</p> <p>Applesauce Cup Fruit Juice Choice of Milk</p>

“This is an equal opportunity provider and employer.”

Cereal is offered daily with Breakfast

Assorted Milk Choices Available Daily: 1% White, Skim White, Fat Free Chocolate, Strawberry and Vanilla

Menus are subject to change based on availability.

