

March 2014

High School Breakfast Menu

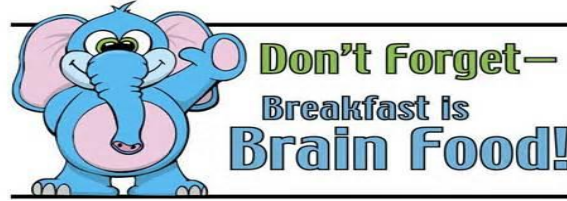
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



MEALTIME MESSAGE

Breakfast \$1.25
Fruit and/or Juice also offered daily with Breakfast.

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

Served Everyday

Cereal & Toast
Yogurt & Muffin
Yogurt Parfait

Fun Facts About Eggs and Breakfast:

Eggs contain all the essential protein, minerals and vitamins, except Vitamin C. Egg yolks are one of few foods that naturally contain Vitamin D. Eggs also are good for your eyes because they contain lutein which helps prevent age-related cataracts and muscular degeneration.

Research shows that children who eat breakfast have healthier weights than children who skip breakfast and also perform better on memory tests.

** Contains Pork

Menu Items subject to change based upon availability.



<p>3</p> <p>**Breakfast Pizza **Sausage Biscuit Chicken Biscuit</p>	<p>4</p> <p>Grits Cheddar Cheese Scrambled Eggs **Sausage Biscuit Chicken Biscuit</p>	<p>5 COLLABORATIVE DAY Waffles & Syrup **Sausage Biscuit Chicken Biscuit</p>	<p>6</p> <p>Grits Cheddar Cheese Scrambled Eggs **Sausage Biscuit Chicken Biscuit</p>	<p>7</p> <p>Eggo Chocolate Chip French Toast Minis **Sausage Biscuit Chicken Biscuit</p>
<p>National School Breakfast Week</p>				
<p>10</p> <p>**Breakfast Pizza **Sausage Biscuit Chicken Biscuit</p>	<p>11</p> <p>Grits Cheddar Cheese Scrambled Eggs **Sausage Biscuit Chicken Biscuit</p>	<p>12</p> <p>Eggo Maple Minis **Sausage Biscuit Chicken Biscuit</p>	<p>13</p> <p>Grits Cheddar Cheese Scrambled Eggs **Sausage Biscuit Chicken Biscuit</p>	<p>14</p> <p>French Toast Sticks **Sausage Biscuit Chicken Biscuit</p>
<p>17</p> <p>**Breakfast Pizza **Sausage Biscuit Chicken Biscuit</p>	<p>18</p> <p>Grits Cheddar Cheese Scrambled Eggs **Sausage Biscuit Chicken Biscuit</p>	<p>19</p> <p>French Toast Sticks & Syrup **Sausage Biscuit Chicken Biscuit</p>	<p>20</p> <p>Grits Cheddar Cheese Scrambled Eggs **Sausage Biscuit Chicken Biscuit</p>	<p>21</p> <p>Blueberry Glazed Pancakes **Sausage Biscuit Chicken Biscuit</p>
<p>24</p> <p>**Breakfast Pizza **Sausage Biscuit Chicken Biscuit</p>	<p>25</p> <p>Grits Cheddar Cheese Scrambled Eggs **Sausage Biscuit Chicken Biscuit</p>	<p>26</p> <p>Cinnamon Glazed Pancakes **Sausage Biscuit Chicken Biscuit</p>	<p>27</p> <p>Grits Cheddar Cheese Scrambled Eggs **Sausage Biscuit Chicken Biscuit</p>	<p>28</p> <p>French Toast Sticks **Sausage Biscuit Chicken Biscuit</p>
<p>31</p> <p>**Breakfast Pizza **Sausage Biscuit Chicken Biscuit</p>	<p>HAPPY ST. PATRICK'S DAY</p>			

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