

Spring/ Early Fall Cycle - Breakfast  
 HHFKA 9-12 (age 14-18)



Monday	Tuesday	Wednesday	Thursday	Friday
				03/01/2019 French Toast Sticks Fresh Red Apples Maple Syrup
03/04/2019 Whole Grain Waffles Syrup (ss) Fresh Oranges Choice of Milk	03/05/2019 Yogurt Parfaits Peaches Choice of Milk	03/06/2019 Homemade Blueberry Muffin Cheese Stick** Fresh Honeydew Choice of Milk	03/07/2019 WW Egg Burrito Fresh Red Apples Choice of Milk	03/08/2019 Turkey Patty and Biscuit Mixed Fruits Choice of Milk
03/11/2019 Chocolate Filled Crescent Peaches Choice of Milk	03/12/2019 Hard Boiled Egg White WG Loaf Orange Juice Choice of Milk	03/13/2019 Banana Bread Pudding Fresh Green Apples Choice of Milk	03/14/2019 Whole Grain Waffles Mixed Fruits Syrup (ss) Choice of Milk	03/15/2019 Pillsbury WG Bagel with Cinnamon Cream Cheese Bananas Choice of Milk
03/18/2019 Yogurt Crispy Cereal Peaches Choice of Milk	03/19/2019 Egg & Cheese Biscuit Bananas Choice of Milk	03/20/2019 Whole Grain Pancakes Fresh Oranges Syrup (ss) Choice of Milk	03/21/2019 Scrambled Eggs White WG Loaf Grape Juice Choice of Milk	03/22/2019 Cinnamon Toast Crunch Cup Pineapple Choice of Milk
03/25/2019 French Toast Sticks Maple Syrup Orange Juice Choice of Milk	03/26/2019 WW Zucchini Bread Cheese Stick** Peaches Choice of Milk	03/27/2019 Sausage Pancake Squares Maple Syrup Bananas Choice of Milk	03/28/2019 Yogurt Parfaits Mixed Fruits Choice of Milk	03/29/2019 Chocolate Chip Pancakes (Panquecas con Chocolate) Fresh Red Apples Choice of Milk

**Available Choice of Milk: Unflavored 1% or skim milk, Lactose Free or Soy.**  
**Dairy - Free (DF), Gluten Free (GF), Vegan (VG), Vegetarian (V) options available daily upon request.**  
**WG = Whole Grain WW = Whole Wheat**

**Mar 4, 2019**