



MARCH 2019: High School Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
JUMPSTART MONDAY	EGG SANDWICH	FROM THE GRIDDLE	NEW YORK THURSDAY	BAKERY FRESH
<p><u>Fresh New York Bagel Stick Varieties</u></p> <p>Blueberry Cinnamon Raisin Cranberry French Toast Multigrain Plain Poppy</p>	<p><u>Bagel Bar</u> An Assortment of Bagel Varieties & Spreads including Hummus, Peanut Butter, Cream Cheeses and Jelly</p> <p><u>Egg Sandwich</u> Plain Egg Omelet with Cheese on a Soft Bun, English Muffin or Buttermilk Biscuit</p>		<p>EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</p>	<p>Cinnamon Twist</p> <p>Beef Sausage & White Cheddar Sandwich</p> <p>Bagel Bar**</p> <p>100% Fruit Juice Fresh Fruit</p>
4	5	Ash Wednesday 6	New York Thursday 7	8
<p>Banana Muffin</p> <p>Land O'Lakes® Mozzarella Cheese Stick</p> <p>Egg Sandwich*</p> <p>Spiced Oatmeal</p> <p>100% Fruit Juice Fresh Fruit</p>	<p>Yogurt Bar</p> <p>Turkey Sausage, Egg & Cheese on Ciabatta Bread</p> <p>Bagel Bar**</p> <p>100% Fruit Juice Fresh Fruit</p>	<p>Cinnamon Burst Pancakes Served with Syrup</p> <p>Turkey Canadian Bacon</p> <p>Spiced Oatmeal</p> <p>Bagel Bar**</p> <p>100% Fruit Juice Fresh Fruit</p>	<p>New York Bagel Thursday Assorted Fresh New York Bagel Sticks and Bagels served with Cream Cheese & Jelly</p> <p>Upstate Farms® Yogurt Choice</p> <p>Egg Sandwich*</p> <p>100% Fruit Juice Fresh New York Apples</p>	<p>Hot Cinnamon Knot</p> <p>Turkey Sausage Patty</p> <p>Back to the Roots® Cinnamon Cluster</p> <p>Bagel Bar**</p> <p>100% Fruit Juice Fresh Fruit</p>
11	12	13	New York Thursday 14	15
<p>Assorted Muffins</p> <p>Land O'Lakes® Colby Cheese Stick</p> <p>Egg Sandwich*</p> <p>Spiced Oatmeal</p> <p>100% Fruit Juice Fresh Fruit</p>	<p>Yogurt Bar</p> <p>Egg & Turkey Sausage Sandwich</p> <p>Bagel Bar**</p> <p>100% Fruit Juice Fresh Fruit</p>	<p>Tasty Waffles Served with Syrup</p> <p>Turkey Canadian Bacon</p> <p>Spiced Oatmeal</p> <p>Bagel Bar**</p> <p>100% Fruit Juice Fresh Fruit</p>	<p>New York Bagel Thursday Assorted Fresh New York Bagel Sticks and Bagels served with Cream Cheese & Jelly</p> <p>Yogurt Parfait</p> <p>Egg Sandwich*</p> <p>100% Fruit Juice Fresh New York Apples</p>	<p>Cinnamon Twist</p> <p>Cheese Omelet</p> <p>Back to the Roots® Purple Corn Flakes</p> <p>Bagel Bar**</p> <p>100% Fruit Juice Fresh Fruit</p>
18	19	20	New York Thursday 21	22
<p>Blueberry Muffin</p> <p>Land O'Lakes® Cheddar Cheese Stick</p> <p>Egg Sandwich*</p> <p>Spiced Oatmeal</p> <p>100% Fruit Juice Fresh Fruit</p>	<p>Yogurt Bar</p> <p>Turkey Canadian Bacon, Egg & Cheese on a Buttermilk Biscuit</p> <p>Bagel Bar**</p> <p>100% Fruit Juice Fresh Fruit</p>	<p>Buttermilk Pancakes Served with Syrup</p> <p>Turkey Sausage Patty</p> <p>Spiced Oatmeal</p> <p>Bagel Bar**</p> <p>100% Fruit Juice Fresh Fruit</p>	<p>New York Bagel Thursday Assorted Fresh New York Bagel Sticks and Bagels served with Cream Cheese & Jelly</p> <p>Yogurt Parfait</p> <p>Egg Sandwich*</p> <p>100% Fruit Juice Fresh New York Apples</p>	<p>Cinnamon Twist</p> <p>Beef Sausage & White Cheddar Sandwich</p> <p>Bagel Bar**</p> <p>100% Fruit Juice Fresh Fruit</p>
25	26	27	New York Thursday 28	29
<p>Banana Muffin</p> <p>Land O'Lakes® Mozzarella Cheese Stick</p> <p>Egg Sandwich*</p> <p>Spiced Oatmeal</p> <p>100% Fruit Juice Fresh Fruit</p>	<p>Yogurt Bar</p> <p>Turkey Sausage, Egg & Cheese on Ciabatta Bread</p> <p>Bagel Bar**</p> <p>100% Fruit Juice Fresh Fruit</p>	<p>Cinnamon Burst Pancakes Served with Syrup</p> <p>Turkey Canadian Bacon</p> <p>Spiced Oatmeal</p> <p>Bagel Bar**</p> <p>100% Fruit Juice Fresh Fruit</p>	<p>New York Bagel Thursday Assorted Fresh New York Bagel Sticks and Bagels served with Cream Cheese & Jelly</p> <p>Upstate Farms® Yogurt Choice</p> <p>Egg Sandwich*</p> <p>100% Fruit Juice Fresh New York Apples</p>	<p>Hot Cinnamon Knot</p> <p>Turkey Sausage Patty</p> <p>Back to the Roots® Cinnamon Cluster</p> <p>Bagel Bar**</p> <p>100% Fruit Juice Fresh Fruit</p>

OFFERED DAILY

Milk
1% Low-fat
Fat Free
Fat Free Chocolate

Grab and Go Breakfast Pack

Fresh Fruit

Canned Fruit
Peaches, Pears, Pineapples

No Artificial flavors, colors, or sweeteners in all SchoolFood Products

High School Breakfast Menu

100% Fruit Juice
Apple, Fruit Punch, Grape, Orange

Breakfast Dipping Sauces:
Ketchup, Hot Sauce, Salsa

Cold Cereal Choices

Frosted Mini Wheats
Cinnamon Flakes
Multi-Grain Cheerios
Toasty-Oats
Back to the Roots®
Organic Purple Corn Flakes & Cinnamon Clusters