



BREAKFAST MENU



BREAKFAST MEALS ARE FREE! ENJOY A COMPLIMENTARY MEAL

BREAKFAST 7:30-8:00 AM

FREE SCHOOL BREAKFAST
NOW AVAILABLE
FOR ALL STUDENTS

BREAKFAST MEAL INCLUDES

Fruits
Focus on fruits
Eat a variety of fruit — fresh, frozen, canned, or dried. Choose whole or cut-up fruit, frozen, or fruit juice.

Dairy
Get your calcium-rich foods
Go low-fat or fat-free when you choose milk, yogurt, and cheese.

Grains
Make half your grains whole
Choose 100% whole grain cereals, breads, pastas, rice, and pasta.

To make a breakfast, choose at least one

and at least three items total

Menu is subject to change

schoolcafé
www.schoolcafe.com

Signup at no cost to access your child's purchases, make online payments, set up automatic payments/low balance reminders and apply for free and reduced priced meals.

Director of Food Services
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USDA is an equal opportunity provider and employer

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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CELEBRATE NATIONAL SCHOOL BREAKFAST WEEK: MARCH 4-8 SURF'S UP WITH SCHOOL BREAKFAST

MARCH 4	MARCH 5	MARCH 6	MARCH 7	MARCH 8
Let's Party Pancakes 	Beachy Breakfast Pizza 	Aloha Waffles & Sausage 	Surf's Up Scrambled Eggs Bacon, Home Fries & Bagel 	Island Donut Dunkers
MARCH 11	MARCH 12	MARCH 13	MARCH 14	MARCH 15
Cinnamon Buns 	Mini French Toast With Sausage 	Golden Dutch Waffle Powder Sugar, Cinnamon Sugar or Berries & Whipped Cream 	Breakfast Bowl Eggs, Cheese, Bacon, Buttery Biscuit, Crispy Tater Coins 	Assorted Donut Cups

MARCH 18	MARCH 19	MARCH 20	MARCH 21	MARCH 22
Party Pancakes 	Breakfast Pizza 	Funnel Cake Fries 	Rise & Shine Wrap Crispy Tater Tots 	Fresh Baked Cinnamon Roll

MARCH 25	MARCH 26	MARCH 27	MARCH 28	MARCH 29
Early Riser Egg & Cheese Stuffed Hashbrown 	French Toast Sticks 	Eggoji Waffle 	Cheese Omelet with Warm Bagel 	No School Happy Easter

