

# March 2014

## SchoolFood FEED YOUR MIND

Monday	Trayless Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p><b>FUEL UP THE WHOLE GRAIN WAY</b> Whole Grain Blueberry Bread Organic Stonyfield Yogurt</p>	<p>4</p> <p><b>GOOD MORNING</b> Fluffy Egg Omelet with Melted Cheese <i>Soft Wheat Roll</i></p>	<p>5</p> <p><b>RISE AND SHINE</b> Home-style French Toast Turkey Canadian Bacon Warm Syrup Hot Cereal Choice</p>	<p>6</p> <p><b>BAGEL BAR DAY</b> NY Style Bagels Strawberry Cream Cheese Cream Cheese Fruit Spreads Hot Cereal Choice</p>	<p>7</p> <p><b>POWER UP</b> Sunrise Banana Bread Cheddar Cheese Hot Cereal Choice</p>
<p>10</p> <p><b>FUEL UP THE WHOLE GRAIN WAY</b> Whole Grain Very Berry Bread Upstate Farms Yogurt</p>	<p>11</p> <p><b>GOOD MORNING</b> Fluffy Egg Omelet Turkey Canadian Bacon <i>Whole Grain English Muffin</i></p>	<p>12</p> <p><b>POWER UP</b> Honey Biscuit with Apple Jelly Turkey Sausage Patty Hot Cereal Choice</p>	<p>13</p> <p><b>BAGEL BAR DAY</b> NY Style Bagels Strawberry Cream Cheese Cream Cheese Fruit Spreads Hot Cereal Choice</p>	<p>14</p> <p><b>RISE AND SHINE</b> Mini-Burst Pancakes with Warm Syrup Hot Cereal Choice</p>
<p>17</p> <p><b>FUEL UP THE WHOLE GRAIN WAY</b> Whole Grain Apple Bread Organic Stonyfield Yogurt</p>	<p>18</p> <p><b>GOOD MORNING</b> Egg &amp; Cheese Roll-Up <i>"A Whole Grain Wrap filled with Egg and Savory Melted Cheese"</i></p>	<p>19</p> <p><b>POWER UP</b> Tasty Waffles with Warm Syrup Turkey Canadian Bacon Hot Cereal Choice</p>	<p>20</p> <p><b>BAGEL BAR DAY</b> NY Style Bagels Strawberry Cream Cheese Cream Cheese Fruit Spreads Hot Cereal Choice</p>	<p>21</p> <p><b>RISE AND SHINE</b> Colby Cheese Omelet Flaky Croissant Hot Cereal Choice</p>
<p>24</p> <p><b>FUEL UP THE WHOLE GRAIN WAY</b> Mini Carrot Bread Nature Valley Oats 'n Honey Granola Bar Upstate Farms Yogurt</p>	<p>25</p> <p><b>GOOD MORNING</b> Fluffy Egg Omelet with Melted Cheese Honey Biscuit</p>	<p>26</p> <p><b>RISE AND SHINE</b> Fluffy Pancakes with Warm Syrup Turkey Sausage Patty Hot Cereal Choice</p>	<p>27</p> <p><b>BAGEL BAR DAY</b> NY Style Bagels Strawberry Cream Cheese Cream Cheese Fruit Spreads Hot Cereal Choice</p>	<p>28</p> <p><b>POWER UP</b> Whole Grain Turkey Sausage Roll Hot Cereal Choice</p>
<p>31</p> <p><b>FUEL UP THE WHOLE GRAIN WAY</b> Whole Grain Blueberry Bread Organic Stonyfield Yogurt</p>				

*Offered Daily : Milk (1% low fat, fat free), Seasonal Fresh Fruit, Canned Fruit, Assorted Cold Cereal, 100% Fruit Juice*

*Cold Cereal Choices : Frosted Mini Wheats, Heart to Heart, Honey Sunshine, Toasted Oats, Multi-Grain Toasted Oats, Kix, Raisin Bran, Berry Whole Grain*

Menu is Subject to Change

Breakfast Menu

