

# Month Year

## School District Breakfast Menu



Break the Fast with school breakfast!

	Monday	Tuesday	Wednesday	Thursday	Friday
					1 Egg, Spinach & Swiss Croissant
					Fresh Strawberries
	4 Chilaquiles Scrambled Eggs with Chihuahua & Mozzarella Cheese over Tortilla Chips  Pico de Gallo Salsa Verde	5 Banana Pancakes w/ Warm Maple Syrup Crispy Bacon*  Fresh Strawberries	6 Fresh Zucchini Quiche w/ Parmesan & Caramelized Onions Breakfast Potatoes  Fresh Orange	7 Sausage*, Egg & Cheese English Muffin  Cantaloupe Wedge	8 <u>Fresh Smoothie Day</u> Strawberry-Banana, or Blueberry-Banana-Spinach  Potato Hash Brown
	11 Ham* & Swiss Croissant  Crisp Red Apple	12 Turkey Chorizo Egg Scramble Breakfast Potatoes  Premium Tomato Salsa	13 Crispy Chicken N' Waffles w/ Homemade Maple-Dijon-Q Sauce  Petite Banana	14 <u>Made to Order Omelet Bar</u> Select from a Variety of Fresh Veggies, Meats, and Cheeses  Sweet Cling Peaches	15 Sunny Pulled Pork* Hash Shredded Potatoes topped with Marinated Pulled Pork & Sunny Side Egg  Plump Blueberries
	18 Buttermilk Biscuits & Sausage Gravy*  Mandarin Oranges	19 Garden Veggie Mushroom & Swiss Quiche  Cantaloupe Wedge	20 Fluffy French Toast Bacon* or Turkey Sausage  Warm Berry Compote	21 Baked Eggs Florentine w/ Tomato Slices English Muffin  Yellow Delicious Apple	22 Cheddar, Sausage* & Egg Croissant  Cinnamon Applesauce
	25 Fresh Baked Cinnamon Rolls  Sweet Cling Peaches	26 Steak & Egg Hash Marinated Chopped Steak, Scrambles Eggs, & Shredded Potatoes  Fresh Berries	27 <u>Build Your Own Breakfast Burrito</u> Select from a Variety of Fresh Veggies, Homemade Salsas, Meats, and Cheeses  Fresh Orange	28 Buttermilk Pancakes w/ Warm Maple Syrup Bacon* or Turkey Sausage  Plump Blueberries	29 Egg & Cheese English Muffin  Petite Banana

**Available Daily**  
 Fresh Fruit & 100% Fruit Juice  
 Warm Cinnamon Oatmeal with Berries & Nuts  
 Morning Power Pack:  
 Hard Egg, Cheese Stick, Nuts & Fresh Fruit  
 Greek Yogurt Parfaits  
 Cottage Cheese Cups  
 Whole Grain Cereal Variety  
 Whole Grain Muffins  
 Breakfast Bars  
 Granola Bars

Kickstart your day with a balanced breakfast!

**Questions**  
 Call Food Service XXX-XXX-XXXX  
 Menu changes may be necessary. Notice will be given when possible.  
 A comprehensive Nutrition & Allergy Guide is available in the Food Service Office.  
 For more information or to "Ask the Dietitian", check out our website!

(\*) Contains Pork