

## March Text Menu 2020

### AASD Secondary School Breakfast Menu

Monday	2	Rainbow Sprinkle Glazed Donut
Tuesday	3	Ham, Egg and cheese on a Croissant
Wednesday	4	Egg, Bacon and Cheese Breakfast Pizza
Thursday	5	Bacon, Egg, and Cheese Sandwich
Friday	6	Cinni-Mini Cinnamon Rolls
Monday	9	Strawberry Mini Pancakes
Tuesday	10	Cheese Omelet with Sausage and Toast
Wednesday	11	Dutch Waffle with Fruit Topping
Thursday	12	Ham, Egg and Cheese, Croissant
Friday	13	SECONDARY CONFERENCES NO SCHOOL
Monday	16	Rainbow Sprinkle Glazed Donut
Tuesday	17	Bacon, Egg and cheese Croissant
Wednesday	18	French Toast Griddle
Thursday	19	Blueberry Mini Waffles
Friday	20	Soft Filled Cinnamon Toast Crunch Bar
Monday	23	Pancake and Sausage on a Stick
Tuesday	24	Cheese Omelet with Sausage and Toast
Wednesday	25	Bacon, Egg and Cheese Breakfast Pizza
Thursday	26	Bacon, Egg and Cheese Sandwich
Friday	27	Maple Mini Pancakes
Monday	30	Rainbow Sprinkle Glazed Donut
Tuesday	31	Sausage, Egg and Cheese Breakfast Quesadilla

**Alternative Breakfast Entrée:** Assorted Cereal and Milk with Toast

**Whole grain cereal selection may include:** Cinnamon Toast Crunch, Trix, Cocoa Puffs, or Fruit Loops.

**What makes a complete breakfast?** You must choose at least 3 items. One must be a ½ cup of fruit.

**What is an Item?** Grain, Protein, Choice of Fruit, or Choice of Milk

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**Daily fruit selections may include:** oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple and mandarin oranges, 100% fruit juice.

**Breakfast Prices:** Student \$1.00. Reduced \$0.30. Adult \$2.10.

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