



Satellite Site Breakfast Menu March

What makes a complete meal?

- 3 of the 5 components
- At least 1/2 cup serving of fruit or 1/2 cup of vegetable

What is a Component?

- Meat or Meat Alternate
- Grain / Bread
- Vegetable
- Fruit
- Milk

Choices of Fruit may include:

- 100% juice; apple, grape, orange, fruit punch, fresh fruit; apples, bananas, oranges, pears, strawberries, melons canned fruit; applesauce, pears, peaches, mixed fruit, or applesauce cups, strawberry cups, peach cups, dried cranberries, raisins.

Choice of Milk may include:

- Skim, 1% white, fat-free or low fat chocolate, strawberry, vanilla

Other Meal Options May Include:

- PB&J Jamwich or Fruit & Yogurt w/ String Cheese & Crackers,
- Chef Salad w/ Dressing,
- Ham and Cheese Hoagie,
- Turkey and Cheese Hoagie



Breakfast Prices:

- Student \$1.00
- Reduced \$.30
- Adult \$2.10

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Mini Muffins</p> <p>Fruit or Juice</p> <p>Milk</p>	<p>3</p> <p>Pancakes</p> <p>Fruit or Juice</p> <p>Milk</p>	<p>4</p> <p>Beakfast Pizza</p> <p>Fruit or Juice</p> <p>Milk</p>	<p>5</p> <p>Egg & Cheese Bagel</p> <p>Fruit or Juice</p> <p>Milk</p>	<p>6</p> <p>Assorted Cereals</p> <p>Fruit or Juice</p> <p>Milk</p>
<p>9</p> <p>Mini Muffins</p> <p>Fruit or Juice</p> <p>Milk</p>	<p>10</p> <p>French Toast Sticks</p> <p>Fruit or Juice</p> <p>Milk</p>	<p>11</p> <p>Scrambles Eggs with Toast</p> <p>Fruit or Juice</p> <p>Milk</p>	<p>12</p> <p>Egg & Cheese Sandwich</p> <p>Fruit or Juice</p> <p>Milk</p>	<p>13</p> <p>Assorted Cereals</p> <p>Fruit or Juice</p> <p>Milk</p>
<p>16</p> <p>Mini Muffins</p> <p>Fruit or Juice</p> <p>Milk</p>	<p>17</p> <p>Pancakes</p> <p>Fruit or Juice</p> <p>Milk</p>	<p>18</p> <p>Breakfast Pizza</p> <p>Fruit or Juice</p> <p>Milk</p>	<p>19</p> <p>Egg & Cheese Bagel</p> <p>Fruit or Juice</p> <p>Milk</p>	<p>20</p> <p>Assorted Cereals</p> <p>Fruit or Juice</p> <p>Milk</p>
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<p>23</p> <p>Mini Muffins</p> <p>Fruit or Juice</p> <p>Milk</p>	<p>24</p> <p>French Toast Sticks</p> <p>Fruit or Juice</p> <p>Milk</p>	<p>25</p> <p>Scrambles Eggs with Toast</p> <p>Fruit or Juice</p> <p>Milk</p>	<p>26</p> <p>Egg & Cheese Sandwich</p> <p>Fruit or Juice</p> <p>Milk</p>	<p>27</p> <p>Assorted Cereals</p> <p>Fruit or Juice</p> <p>Milk</p>
<p>30</p> <p>Mini Muffins</p> <p>Fruit or Juice</p> <p>Milk</p>	<p>31</p> <p>Pancakes</p> <p>Fruit or Juice</p> <p>Milk</p>			