

Howard Gardner Community School 2018/2019

MARCH BREAKFAST

DID YOU KNOW?

We only serve milk that is rBST-free. That means it is from cows not treated with any hormones, ensuring your milk is only made of the good stuff like calcium, vitamin D and protein!



Breakfast: choice of 1% or fat-free milk; fresh fruit served daily except when fruit juice is offered twice per week.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

Chef reserves the right to change menu for seasonality and new menu innovation.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 ● lemon muffin ● cinnamon raisin bagel (v) Orange Juice & Milk
4 ● yogurt & granola ● cinnamon chex (df)(v) Fruit & Milk	5 ● hot french toast sticks (v) ● cinnamon crumbles Orange Juice & Milk	6 NO BREAKFAST	7 ● hot sausage & cheddar biscuit ● apple pancake bowl (counts as 1st piece of fruit)(v) Fruit & Milk	8 ● zee zees cinnamon crisp bar (df) ● plain bagel & cream cheese Orange Juice & Milk
11 ● zac omega fruit-filled blackberry bar (df) ● corn chex & educational snacks (v) Fruit & Milk	12 ● hot sausage and omelet gordita ● blueberry bagel & cream cheese Orange Juice & Milk	13 NO BREAKFAST	14 ● hot buttermilk pancakes (v) ● cinnamon raisin bagel (v) Fruit & Milk	15 ● hot breakfast ranchero scramble (vq) ● blueberry burst muffin Orange Juice & Milk
18 ● cinnamon chex & educational snacks (v) ● cinnamon grahams & string cheese Fruit & Milk	19 ● zac omega fruit filled strawberry bar (df) ● plain bagel & cream cheese Orange Juice & Milk	20 NO BREAKFAST	21 ● hot cinnamon toast bagel (v) ● strawberry yogurt parfait (counts as 1st piece of fruit)(v) ● blueberry bagel & cream cheese Fruit & Milk	22 ● mini lemon muffin & string cheese (v) Orange Juice & Milk
25 Spring Break Starts	26	27	28	29