

AASD Secondary School 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

Breakfast Prices:
 Student \$1.00
 Reduced \$.30
 Adult \$2.10



Monday	Tuesday	Wednesday	Thursday	Friday
2 RAINBOW SPRINKLE GLAZED DONUT Fruit & Milk	3 Ham, Egg & Cheese on Croissant Choice of Fruit Choice of Milk 	4 <i>Egg, Bacon & Cheese Breakfast Pizza</i> 	5 Bacon, Egg & Cheese Sandwich Choice of Fruit Choice of Fruit 	6  Cinni-Mini Cinnamon Rolls Fruit & Milk
9 Strawberry Mini Pancakes 	10 Cheese Omelette with Sausage & Toast Choice of Fruit Choice of Fruit 	11 <i>Dutch Waffle with Fruit Topping</i> 	12 Ham, Egg & Cheese Croissant 	13 Secondary Conferences 
16 RAINBOW SPRINKLE GLAZED DONUT Fruit & Milk	17  Bacon, Egg & Cheese Croissant 	18 FRENCH TOAST GRIDDLE 	19 Blueberry Mini Waffles 	20 Soft Filled Cinnamon 
23 Pancake & Sausage on a Stick 	24 Cheese Omelette with Sausage & Toast Choice of Fruit Choice of Fruit 	25 Egg, Bacon & Cheese Breakfast Pizza 	26 Bacon, Egg & Cheese Sandwich Choice of Fruit Choice of Fruit 	27 Maple Burst'n Mini Pancakes 
30 RAINBOW SPRINKLE GLAZED DONUT Fruit & Milk	31 Sausage, Egg & Cheese Breakfast Quesadilla 	HELP WANTED: We are in need of cafeteria staff ! Work 4-6 hours daily. Weekends, evenings and holidays off. Come join our team! For more information please call Heather @ 505-1512.		