



March 2019

In Season Brussels Sprouts

Brussels sprouts are a good source of fiber, manganese, potassium, choline, and B vitamins

You can steam brussels sprouts and toss them with olive oil, Parmesan cheese, or butter.



Monday

Tuesday

Wednesday

Thursday

Friday

1
WG Dutch Waffle

4
Egg, Cheese Sausage on a WG English muffin

5
WG French Toast

6
Breakfast platter Scrambles eggs, bacon and a English muffin

7
WG Mini pancake wraps

8
WG Dutch Waffle

11
Egg, Cheese Sausage on a WG English muffin

12
WG French Toast

13
Breakfast platter Scrambles eggs, bacon and a English muffin

14
WG Mini pancake wraps

15
NO SCHOOL

18
Egg, Cheese Sausage on a WG English muffin

19
WG French Toast

20
Breakfast platter Scrambles eggs, bacon and a English muffin

21
WG Mini pancake wraps

22
WG Dutch Waffle

25
Egg, Cheese Sausage on a WG English muffin

26
WG French Toast

27
Breakfast platter Scrambles eggs, bacon and a English muffin

28
WG Mini pancake wraps

29
WG Dutch Waffle

Announcements

- Served Daily:
- Cereal
 - Oatmeal
 - Yogurt Parfait
 - Grab & Go breakfast bags

Meal Prices

Students \$1.55
Adults: \$2.15