



Breakfast

March 2020

CICS: West Belden

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	<p>Special News...</p> <p>JOIN US FOR BREAKFAST!</p> <p>Breakfast available every day for ALL students at #NO charge</p> <p>Join us every month this year for our ACE Breakfast Giveaway!</p>  <p><small>Menus are subject to change without notice.</small></p>
<p>2 HAPPY</p> <p>Whole Grain Maple Pancake w/ Sausage Patty OR Golden Graham Cereal w/ Graham Crackers Orange Craisins Apple</p>	<p>3 NATIONAL</p> <p>Egg & Cheese Bagel Sandwich OR Strawberry Yogurt Parfait w/ Graham Crackers Apple Slices Fresh Orange</p>	<p>4 SCHOOL</p> <p>Chicken Sausage, Egg & Cheese English Muffin Sandwich OR Apple Cinnamon Cheerios Bar w/ Jungle Cracker Banana Grapes</p>	<p>5 BREAKFAST</p> <p>Chicken Patty on Biscuit OR Blueberry Muffin w/ String Cheese Fresh Orange Pears</p>	<p>6 WEEK!</p> <p>Whole Grain French Toast Sticks w/Maple Syrup OR Cinnamon Ultimate Breakfast Round Apple Slices Fresh Banana</p>	
<p>9</p> <p>Chicken Patty on Biscuit OR Rice Krispies w/ Cinnamon Graham Crackers Watermelon Craisins Fresh Apple</p>	<p>10</p> <p>Egg, Chicken Sausage & Cheese on an English Muffin OR Whole Grain Apple Cinnamon Muffin w/ String Cheese Apple Slices Fresh Orange</p>	<p>11</p> <p>Chicken Sausage, Egg, & American Cheese on a Bagel OR French toast Benefit Bar Banana Grapes</p>	<p>12</p> <p>Taco Egg, Chicken Ham, Tater Burrito OR Strawberry Banana Yogurt & Jungle Crackers Fresh Orange Wedges Raisins</p>	<p>13</p> <p>Whole Grain Maple Waffles OR Plain Bagel w/ Cream cheese Apple Fresh Banana</p>	
<p>16</p> <p>Whole Grain French Toast Sticks w/Maple Syrup OR Cinnamon Chex Cereal w/Animal Crackers Original Craisins Fresh Red Apple</p>	<p>17</p> <p>Chicken Sausage, Egg & Cheese on Biscuit OR Banana Muffin w/ String Cheese Apple Slices Fresh Orange</p>	<p>18</p> <p>Cheddar Cheese Omelet w/ a Warm Biscuit OR Team Cheerio Bar w/ Bear Honey Graham Crackers Banana Grapes</p>	<p>19</p> <p>Waffles OR Strawberry Banana Yogurt w/ Scooby Cinnamon Graham Crackers Orange Raisins</p>	<p>20</p> <p>Egg Patty w/ Cheese on English Muffin Sandwich OR Cinnamon Ultimate Breakfast Round Apple Fresh Banana</p>	
<p>23</p> <p>Chicken Patty on Biscuit OR Cheerios Cereal w/ Jungle Crackers Orange Craisins Crisp Red Apple</p>	<p>24</p> <p>Egg, Chicken Sausage & Cheese on an English Muffin OR Blueberry Yogurt Parfait w/ Cinnamon Graham Crackers Apple Slices Fresh Orange</p>	<p>25</p> <p>Scrambled Eggs w/cheese, Toast, Tater Puffs OR Plain Bagel w/ Cream cheese Banana Grapes</p>	<p>26 ACE BREAKFAST GIVEAWAY!</p> <p>Egg & Cheese Bagel Sandwich OR Blueberry Muffin w/ String Cheese Raisins Orange</p>	<p>27</p> <p>Whole Grain Maple Pancake OR Apple Nutri-Grain Bar w/ Honey Graham Crackers Apple Fresh Banana</p>	
<p>30</p> <p>Whole Grain French Toast Sticks OR Apple Cinnamon Cheerios w/ Honey Graham Crackers Strawberry Craisins Fresh Red Apple</p>	<p>31</p> <p>Chicken Patty on Biscuit OR Butterscotch Bar w/ String Cheese Apple Slices Fresh Orange</p>				

All menu items do NOT contain pork, all Bread items served are WHOLE GRAIN.



What makes a Breakfast Meal?

Hot or Cold Entree + Fruit
Milk (optional)

View nutrition and allergy info at: cics.schooldish.com



Healthy for Life™ Meals

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