

March Seniors' Breakfast menu



	Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
BOX					
LUNCH	B017 - Country Fried Steak on a Muffin w/ Cheese Applesauce Cranberry Juice	B018 - Cheerios Breakfast Canadian Bacon, Cheese, & Egg Patty on a Bun Fruit Cocktail Cranberry Juice	B019 - Sausage c.f. Omelet Sausage Crumbles Cheese Crispy Cube Potatoes Breakfast Bar Fruit Cocktail White Bread / Margarine	B020 - French Toast w/ Turkey Sausage Links Cottage Cheese Strawberry Applesauce 100% Orange Juice sugar free Syrup	B023 - Breakfast Burrito w/ Ham, Egg, & Cheese Breakfast Potatoes Grape Juice 100%
WEEK 1					
BOX					
LUNCH	B001 - Breakfast Casserole c.f. Scrambled Eggs - Cheese - Breakfast Potatoes English Muffin / Margarine Peaches	B002 - Pancake Breakfast c.f. Scrambled Eggs Turkey Bacon Pears 100% Grape Juice sugar free Syrup	B003 - Biscuit Sandwich w/ Canadian Bacon Egg Patty American Cheese Hash Brown Biscuit Fresh Orange	B004 - Cheese c.f. Omelet w/ diced Turkey Ham Crispy Cube Potatoes English Muffin / Margarine Cranberry Juice	B024 - Mini Sausage Pancake Wraps Cranberry Juice Mandarin Oranges sugar free Syrup
WEEK 2					
BOX					
LUNCH	B006 - Sausage Casserole Sausage Crumbles - Cheese - c.f. Scrambled Eggs - & Breakfast Cube Potatoes English Muffin / Margarine 100% Apple Juice	B005 - French Toast Sticks Cheesy c.f. Scrambled Eggs with diced turkey Ham Applesauce Pineapple Juice (100%) sugar free Syrup	B009 - Oatmeal Breakfast c.f. Scrambled Eggs Turkey Sausage Links Crispy Cube Potatoes Fresh Orange White Bread / Margarine	B008 - Sausage & Gravy Biscuit Cottage Cheese Fruit Cocktail 100% Apple Juice	B022 - Fried Egg Sandwich Fried Egg, Sausage, & Cheese on a Muffin Hash Brown Applesauce
WEEK 3		 Happy St. Patrick's Day!		 First Day of Spring	
BOX					
LUNCH	B007 - French Toast Cheesy c.f. Scrambled Eggs Turkey Sausage Links Pears 100% Pineapple Orange Juice sugar free Syrup	B012 - Pancakes and Turkey Sausage low fat Vanilla Yogurt Fresh Orange 100% Grape Juice sugar free Syrup	B025 - Breakfast Pizza Cottage Cheese Peaches 100% Apple Juice	B010 - Southwestern c.f. Omelet c.f. Omelet w/ Bell Pepper Strips, Cheese, diced Onions Cottage Cheese Pineapple Wheat Bread / Margarine	B013 - Egg Patty & Cheese on a Bun Hash Brown Cottage Cheese Mandarin Oranges
WEEK 4					
BOX					
LUNCH	B014 - Corn Flakes Breakfast c.f. Scrambled Eggs Turkey Bacon Crispy Cube Potatoes Cottage Cheese Peaches Wheat Bread / Margarine	B015 - Ham Steak Waffle Pears 100% Pineapple-Orange Juice sugar free Syrup	 Welcome Spring		 Complete meal consists of: 3 oz. Protein, 2 servings of Vegetables (1/2 cup ea.), 1 serving of Fruit (1/2 cup) or Juice (4 oz.), 2 servings of Bread/Starch, and 8 oz. Milk (1/2 pint)
WEEK 5					 Remember to Move Your Clocks Forward Sunday, March 8th