Breakfast includes selection of fresh fruits. Juice is served twice weekly. Low-fat or fat-free milk is offered at all meals. All breads are rich in whole grains.

### March 2020
#### Breakfast—Middle and High School

<table>
<thead>
<tr>
<th>Date</th>
<th>Menu</th>
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| **Monday- March 2, March 16 & March 30** | Bacon, Egg & Cheese Panini 🥐  
Mini Bagels with Strawberry Cream Cheese V  
Zucchini Bread V  
Cereal, assorted |
| **Monday- March 9 & March 23** | Biscuit with Egg & Cheese 🥐  
Blueberry/Cinnamon Raisin/Wheat Bagel V  
Breakfast Bar, variety V V  
Cereal, assorted |
| **Tuesday- March 3, March 17 & March 31** | Ham, Egg & Cheese Bagel Sandwich 🥑  
Breakfast Bun V  
Blueberry/Cinnamon Raisin/Wheat Bagel V  
Cereal, assorted |
| **Tuesday- March 10 & March 24** | Bacon, Egg & Cheese Bagel Sandwich 🥑  
Mini Maple Waffles V  
Breakfast Bun V  
Cereal, assorted |
| **Wednesday- March 4 & March 18** | Bacon, Egg & Cheese Bagel Sandwich 🥑  
Waffles, Sausage and Hash Brown Wedge  
Breakfast Bar, variety V V  
Cereal, assorted |
| **Wednesday- March 11 & March 25** | Breakfast Pizza  
Pancakes, Sausage and Hash Brown Wedge  
Banana Bread V  
Cereal, assorted |
| **Thursday- March 5 & March 19** | Egg & Cheese Panini 🥑  
Yogurt & Low-fat Graham Crackers V  
Banana Bread V  
Cereal, assorted |
| **Thursday- March 12 & March 26** | Canadian Ham, Egg & Cheese Panini (New!) 🥑  
Zucchini Bread V  
Breakfast Bar, variety V V  
Cereal, assorted |
| **Friday- March 6 & March 20** | French Toast Sticks w/Canada Turkey Ham  
Breakfast Pizza  
Breakfast Bar, variety V V  
Cereal, assorted |
| **Friday- March 13 & March 27** | Bacon, Egg & Cheese Bagel Sandwich 🥑  
Breakfast Bun V  
Banana Bread V  
Cereal, assorted |

We use menu identifiers in the café to help students recognize **Local**, **Clean**, **Fresh** and **Vegetarian** options. **Local** designates options made with locally-grown and produced ingredients. **Clean** designates options with a short ingredient list and/or no artificial additives. **Fresh** designates options that are made from scratch. **Vegetarian** items noted with V.

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<thead>
<tr>
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<th>LOCAL</th>
<th>FRESH</th>
<th>CLEAN</th>
<th>VEGETARIAN</th>
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</thead>
</table>

This institution is an equal opportunity provider.

**Student Meal Prices:**
- Breakfast: $2.25 (full)
- Lunch: $4.00 (full)
- Milk: $0.50