

# Blessed Sacrament School Breakfast Menu

## Breakfast / Day = FREE

- Cold cereal available upon request
- To-go breakfast\*\* available after 7:15 for students to eat in their classroom
  - All grain items are whole-grain (WG) rich (>= 51% whole grain).
  - Choice of fat free white or chocolate milk included with meal.

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Mar 1</b>	<b>Mar 2</b>	<b>Mar 3</b>	<b>Mar 4</b>
	<i>*FAT TUESDAY*</i> WG Jelly Donut Granola Bar Fruit Juice/Milk	<i>Ash Wednesday</i> Cinnamon Roll Yogurt Fruit Juice/milk	Choc-chip Pancakes Granola bar fruit juice/milk	<b>NO SCHOOL</b>
<b>March 7 - 11 National School Breakfast Week</b>				
<b>Mar 7</b>	<b>Mar 8</b>	<b>Mar 9</b>	<b>Mar 10</b>	<b>Mar 11</b>
Party Pancakes Sausage Fruit Juice/Milk	Cinnamon Roll Yogurt Fruit Juice/Milk	Fruit Pizza WG mini donuts Fruit Juice/Milk	Banana "ice cream" sundae bar Fruit Juice/Milk	<b>NO SCHOOL</b>
<b>Mar 14</b>	<b>Mar 15</b>	<b>Mar 16</b>	<b>Mar 17</b>	<b>Mar 18</b>
Breakfast Pizza Tater Tots Fruit Juice/Milk	Cherry Frudel Granola Bar Fruit Juice/Milk	Peaches & cream overnight oats WG muffin Fruit Juice/Milk	Rainbow fruit cup WG pretzel Fruit Juice/Milk	Cinnamon Roll Yogurt Fruit Juice/Milk
<b>Mar 21</b>	<b>Mar 22</b>	<b>Mar 23</b>	<b>Mar 24</b>	<b>Mar 25</b>
Cereal or oatmeal WG mini donuts Fruit Juice/Milk	French toast sticks Sausage Fruit Juice/Milk	Bagel w/cr. cheese Yogurt fruit Juice/Milk	Breakfast Corn Dog Pancake wrapped sausage Granola bar Fruit Juice/Milk	Belgian waffle Strawberries Yogurt Fruit Juice/Milk
<b>Mar 28</b>	<b>Mar 29</b>	<b>Mar 30</b>	<b>Mar 31</b>	<b>Apr 1</b>
Breakfast Pizza WG muffin Fruit Juice/Milk	Breakfast sandwich Granola bar Fruit Juice/Milk	Cinnamon Roll Yogurt Fruit Juice/Milk	Pancakes w/ Fruit topping Cheese stick Fruit Juice/Milk	Cheese Omelet Hashbrown Fruit Juice/Milk

Menu subject to change without notice. This institution is an equal opportunity provider.

\*\*To-go breakfast includes a fruit cup, granola bar and a rotating whole-grain item with choice of juice or milk