

A FUN Breakfast can also be a HEALTHY breakfast!

- *All menus meet USDA regulations that limit calories, saturated fat, Trans fat and sodium
- *All grains served are WHOLE GRAINS; many are reduced fat and/or reduced sugar
- *Even our Chocolate Chip Cookie Donut is made with a whole grain donut & WG reduced fat cookies so they meet USDA healthy nutritional requirements!

National School Breakfast Week March 5-9



5
Lucky Charms Donut
Sausage Breakfast Pizza
PopTarts



100% Orange Juice
Fresh Fruit

I SCHOOL BREAKFAST

6
Strawberry-Apple Smoothie



Egg & Cheese Bagel
PopTarts

100% Apple Juice
Fresh Fruit

I SCHOOL BREAKFAST

7
Cheesy Omelet with Hash Brown Patty

Cinn. Sugar Donut Holes
PopTarts

100% Fruit Juice
Fresh Fruit

I SCHOOL BREAKFAST

8
Apple-Orange Smoothie



Egg & Cheese Bagel
PopTarts

100% Apple Juice
Fresh Fruit

I SCHOOL BREAKFAST

9
Chocolate Chip Cookie Donut



PopTarts

100% Fruit Juice
Fresh Fruit

I SCHOOL BREAKFAST

12
Breakfast Corn Dog
Cinnamon Sugar Donut
Muffins

100% Orange Juice
Fresh Fruit

13
Mini French Toast
Sausage & Cheese Muffin
Muffins

100% Apple Juice
Fresh Fruit

14
Chocolate Glazed Donut
Country Chicken & Cheese
Biscuit
Muffins

100% Fruit Juice
Fresh Fruit

15
Sausage & Cheese Muffin
Ultimate Breakfast Round
Muffins

100% Apple Juice
Fresh Fruit

16
Sausage Breakfast Pizza
Powdered Sugar Donut
Muffins

100% Fruit Juice
Fresh Fruit

19
Egg & Cheese Muffin
Glazed Donut
PopTarts

100% Orange Juice
Fresh Fruit

20
Cinnamon Roll
Cheesy Ham Biscuit
PopTarts

100% Apple Juice
Fresh Fruit

21 *Specialty Donut Day!*
Taco Seasoned Donut Holes



Apple Frudel
PopTarts

100% Fruit Juice
Fresh Fruit

22
Blueberry Waffle
Cheesy Ham Biscuit
PopTarts

100% Apple Juice
Fresh Fruit

23
Breakfast Corn Dog
Chocolate Glazed Donut
PopTarts

100% Fruit Juice
Fresh Fruit



SPRING BREAK!

- Breakfast Meal: \$1.50
- Reduced Meal: \$0.30
- Adult Meal: \$2.00
- Milk (only): \$0.50
- Ala carte side: \$0.60
- Ala carte entree: \$1.75

Manage your student's meal account with:



Pay for meals, view cafeteria purchases, receive low balance alerts, or enroll in autopay.
www.mypaymentsplus.com

Offered Daily
Variety of Cold Cereals, Crackers & Cheese Stick
Muffins or PopTarts

Milk Choices
1% White Milk
Fat Free White Milk
Fat Free Chocolate Milk

If your student has any dietary needs or restrictions please contact your school's kitchen supervisor or call the Aramark office at 847.551.8485