

# March

2020



## ELEMENTARY BREAKFAST MENU

### HARRISON CENTRAL SCHOOL DISTRICT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	<p><b>Special News...</b></p> <p><b>Student Breakfast</b> \$1.50 – Daily Menu* \$2.00 + Tax - Adult</p> <p><b>Will be served from</b> 8:15AM-8:50AM</p> <p><b>Breakfast Includes:</b> Entrée, Fruit, Juice and Choice of 1% White or Fat-Free White or Chocolate Milk.</p> <p><b>AVAILABLE DAILY</b> Assorted Muffins, Cold Cereals, Assorted Yogurt &amp; Whole Grain Bagels**</p> <p><b>JUICE CHOICES</b> <b>AVAILABLE DAILY</b> Orange, Apple &amp; Fruit Punch (4 oz)</p> <p>* Students <b>Must</b> Choose <b>Three of the Four</b> Food Items Offered at <b>Breakfast</b> to Receive the <b>Special Meal</b> Price (Note: <b>One Must Be</b> <b>Fruit or Vegetable</b>)</p> <p>***The Breakfast Fare is Prepared with Little or No</p>
<p><b>2</b> Blueberry Muffin Cheese Stick Apple Slices Mixed Fruit Cup</p>	<p><b>3</b> Ham &amp; Cheese Bagel Tater Puffs Orange Wedges Peach Cup</p>	<p><b>4</b> French Toast Sticks With Syrup Pineapple Cup Pear Cup</p>	<p><b>5</b> <u>Oatmeal Bar</u> Raisins Brown Sugar Cinnamon Apples Sausage Melon Cup Grape Cup</p>	<p><b>6</b> Egg &amp; Cheese on a Fresh Whole Grain English Muffin Apple Slices Mixed Fruit Cup</p>	
<p><b>9</b> Pancakes Served With warm Blueberry Topping Apple Slices Mixed Fruit Cup</p>	<p><b>10</b> <u>Breakfast Pizza</u> Egg &amp; Ham on a WG Pizza Crust Pear Cup Pineapple Cup</p>	<p><b>11</b> Chocolate Chip Muffin Cheese Stick Melon Cup Grape Cup</p>	<p><b>12</b> Egg &amp; Cheese on A Fresh Whole Grain Bagel Apple Slices Mixed Fruit</p>	<p><b>13</b> Waffles Served With Sliced Bananas Pear Cup Melon Cup</p>	
<p><b>16</b> Ham &amp; Cheese Bagel Tater Puffs Apple Slices Mixed Fruit Cup</p>	<p><b>17</b> Blueberry Muffin Cheese Stick Orange Wedges Peach Cup</p>	<p><b>18</b> <u>Breakfast Burrito</u> Eggs, Sausage &amp; Cheese in a Wrap Pineapple Cup Pear Cup</p>	<p><b>19</b> Egg &amp; Sausage on A Fresh Whole Grain English Muffin Melon Cup Grape Cup</p>	<p><b>20</b> Pancakes Served With Pineapple Chunks Apple Slices Mixed Fruit Cup</p>	
<p><b>23</b> Chocolate Chip Muffin Cheese Stick Apple Slices Mixed Fruit Cup</p>	<p><b>24</b> <u>Oatmeal Bar</u> Raisins Brown Sugar Cinnamon Apples Sausage Pear Cup Pineapple Cup</p>	<p><b>25</b> French Toast Sticks Served with Syrup Melon Cup Grape Cup</p>	<p><b>26</b> <u>Breakfast Pizza</u> Egg &amp; Ham on a WG Pizza Crust Apple Slices Mixed Fruit</p>	<p><b>27</b> <u>Breakfast Burrito</u> Eggs &amp; Cheese in a Wrap Pear Cup Melon Cup</p>	
<p><b>30</b> Pancakes Served With Fresh Fruit Apple Slices Mixed Fruit Cup</p>	<p><b>31</b> Egg &amp; Cheese on A Fresh Whole Grain English Muffin Orange Wedges Peach Cup</p>				

Menus are subject to change without notice.

Regardless of portion size, the FSMC is responsible for meeting all requirements under the Final Rule Nutrition Standards in the National School Lunch and School Breakfast Programs. This includes min-max calories, saturated fat and sodium along with specific component offerings for all fruits, vegetables, grains, meat/meat alternates and milk.

*This institution is an equal opportunity provider and employer.*

