



BREAKFAST K-12

2023

Week 1	Monday	Tuesday	Wednesday March 1, 2023	Thursday March 2, 2023	Friday March 3, 2023
Grain/Meat/Meat Alt. Choose 1 Option 1: Option 2:			Turkey Sausage Biscuit or -Assorted Cereal Bowl w./Hard Boiled Egg	Yogurt w/Muffin or -Assorted Cereal Bowl w/Hard Boiled Egg	Super Bakery Pastry or -Assorted Cereal Bowl w./Hard Boiled Egg
Fruit/Vegetable: Choose 1 or 2			-Fresh Strawberries -100% Fruit Juice	-Assorted Fruit -100% Fruit Juice	-Fresh Orange -100% Fruit Juice
Milk Choose 1			-LF White -FF Chocolate -FF Skim	-LF White -FF Chocolate -FF Skim	-LF White -FF Chocolate -FF Skim
Week 2	Monday March 6, 2023	Tuesday March 7, 2023	Wednesday March 8, 2023	Thursday March 9, 2023	Friday March 10, 2023
Grain/Meat/Meat Alt. Choose 1 Option 1: Option 2:	Yogurt w/Muffin or -Kellogg's Cereal Kit	Super Bakery Pastry or -Kellogg's Cereal Kit	Steak on Southern Biscuit or -Kellogg's Cereal Kit	Turkey Bacon, Egg & Cheese on English Muffin or -Kellogg's Cereal Kit	
Fruit/Vegetable: Choose 1 or 2	-Fresh Fruit in Season -100% Fruit Juice	Fresh Granny Smith Apple -100% Fruit Juice	-Fresh Strawberries -100% Fruit Juice	-Assorted Fruit -100% Fruit Juice	
Milk Choose 1	-LF White -FF Chocolate -FF Skim	-LF White -FF Chocolate -FF Skim	-LF White -FF Chocolate -FF Skim	-LF White -FF Chocolate -FF Skim	

“This institution is an equal opportunity provider.”

BREAKFAST K-12

2023

Week 3	Monday March 13, 2023	Tuesday March 14, 2023	Wednesday March 15, 2023	Thursday March 16, 2023	Friday March 17, 2023
Grain/Meat/Meat Alt. Choose 1	Poptart and Hardboiled Egg Or Assorted Cereal Bowl w./Hard Boiled Egg	Steak Biscuit or Yogurt w/Muffin	Turkey Sausage Biscuit or -Assorted Cereal Bowl w./Hard Boiled Egg	Yogurt w/Muffin or -Assorted Cereal Bowl w./Hard Boiled Egg	Super Bakery Pastry or -Assorted Cereal Bowl w./Hard Boiled Egg
Option 1:					
Option 2:					
Fruit/Vegetable: Choose 1 or 2	-Fresh Pear -100% Fruit Juice	-Fresh Granny Smith Apple -100% Fruit Juice	-Fresh Strawberries -100% Fruit Juice	-Fresh Assorted Fruit -100% Fruit Juice	-Fresh Orange -100% Fruit Juice
Milk Choose 1	-LF White -FF Chocolate -FF Skim	-LF White -FF Chocolate -FF Skim	-LF White -FF Chocolate -FF Skim	-LF White -FF Chocolate -FF Skim	-LF White -FF Chocolate -FF Skim
Week 4	Monday March 20, 2023	Tuesday March 21, 2023	Wednesday March 22, 2023	Thursday March 23, 2023	Friday March 24, 2023
Grain/Meat/Meat Alt. Choose 1	Yogurt w/Muffin or -Assorted Cereal Bowl w/Hard Boiled Egg	Grilled Cheese Sandwich or -Assorted Cereal Bowl w./Hard Boiled Egg	Steak on Southern Biscuit or -Assorted Cereal Bowl w./Hard Boiled Egg	Turkey Bacon, Egg & Cheese on English Muffin or -Assorted Cereal Bowl w./Hard Boiled Egg	Steak Biscuit or -Assorted Cereal Bowl w./Hard Boiled Egg
Option 1:					
Option 2:					
Fruit/Vegetable: Choose 1 or 2	-Fresh Fruit in Season -100% Fruit Juice	-Fresh Granny Smith Apple -100% Fruit Juice	-Fresh Strawberries -100% Fruit Juice	-Fresh Assorted Fruit -100% Fruit Juice	-Fresh Orange -100% Fruit Juice
Milk Choose 1	-LF White -FF Chocolate -FF Skim	-LF White -FF Chocolate -FF Skim	-LF White -FF Chocolate -FF Skim	-LF White -FF Chocolate -FF Skim	-LF White -FF Chocolate -FF Skim

SPRING

BREAKFAST K-12

2023

Week 3	Monday March 27, 2023	Tuesday March 28, 2023	Wednesday March 29, 2023	Thursday March 30, 2023	Friday March 31, 2023
Grain/Meat/Meat Alt. Choose 1 Option 1: Option 2:	Poptart and Hardboiled Egg Or Assorted Cereal Bowl w./Hard Boiled Egg	Steak Biscuit or Yogurt w/Muffin	Turkey Sausage Biscuit or -Assorted Cereal Bowl w./Hard Boiled Egg	Yogurt w/Muffin or -Assorted Cereal Bowl w./Hard Boiled Egg	Super Bakery Pastry or -Assorted Cereal Bowl w./Hard Boiled Egg
Fruit/Vegetable: Choose 1 or 2	-Fresh Pear -100% Fruit Juice	-Fresh Granny Smith Apple -100% Fruit Juice	-Fresh Strawberries -100% Fruit Juice	-Assorted Fruit -100% Fruit Juice	-Fresh Orange -100% Fruit Juice
Milk Choose 1	-LF White -FF Chocolate -FF Skim	-LF White -FF Chocolate -FF Skim	-LF White -FF Chocolate -FF Skim	-LF White -FF Chocolate -FF Skim	-LF White -FF Chocolate -FF Skim

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. **mail:**
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or
2. **fax:**
(833) 256-1665 or (202) 690-7442; or
3. **email:**
program.intake@usda.gov