



Grades K-8 Breakfast Menu

March 2023



Yreka Union School District

Did You Know?

Bananas actually float in water and this is because they are lighter in density than water! Bananas also contain a great source of potassium.



Our menu features reduced sugar and increased protein.

Choice of Calcium & Vitamin D milks offered daily with each meal.

Choice of fruits offered daily at breakfast.

All grains offered on menu are whole grain rich.

| Monday | | Tuesday | | Wednesday | | Thursday | | Friday | |
|--------|------------------------------------|---------|---|-----------|-----------------------------------|----------|---|--------|---|
| | | | | | | | | 1 | Green Eggs and Ham English Muffin |
| 4 | Cold Cereal String Cheese Stick | 5 | Breakfast Pizza | 6 | Biscuits and Gravy Fruit Juice | 7 | Scrambled Eggs Pancakes | 8 | Mini Cinnamon Buns String Cheese Stick |
| 11 | Cold Cereal String Cheese Stick | 12 | Scrambled Eggs Sausage Links Hashbrown Patty | 13 | Biscuits and Gravy Fruit Juice | 14 | Hashbrown Patty English Muffin Assorted Jelly | 15 | Mini Cinnamon Buns String Cheese Stick |
| 18 | Cold Cereal String Cheese Stick | 19 | French Toast Sticks Hard Boiled Egg | 20 | Biscuits and Gravy Fruit Juice | 21 | Scrambled Eggs Pancakes | 22 | Mini Cinnamon Buns String Cheese Stick |
| 25 | Cold Cereal String Cheese Stick | 26 | Chocolate Chip Muffin Double Chocolate Muffin Hard Boiled Egg | 27 | Biscuits and Gravy Fruit Juice | 28 | Scrambled Eggs Sausage Links Tortillas | 29 | Waffles Strawberry Cup |