New Brighton High School March Breakfast Menu 2017

Food Service Director: Jocelyn Haskins; jhaskins@nbasd.org 724-843-1795 ext. 366 Dietitian for The Nutrition Group Lynn Cessarini: Icessatrini@thenutritiongroup.biz



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	What Makes a Breakfast Meal?
MENUS SUBJECT TO CHANGE	Whole Grains Available Daily	3/1 Dutch Waffle Chilled Juice or Fruit Milk Choice	3/2 Breakfast Sandwich Chilled Juice or Fruit Milk Choice	3/3 Pancake on a Stick Chilled Juice or Fruit Milk Choice	You must choose at least 3 of 4 components available for the school breakfast price. Entrée, 1 Cup Fruit, and 1/2 Pint Milk Middle School Alternate Options May Include: Gluten Free Rice Chex Cereal Gluten Free Cinnamon Chex Cereal
3/6 Cinnamon Roll Chilled Juice or Fruit Milk Choice	3/7 Breakfast Pizza Chilled Juice or Fruit Milk Choice	3/8 Dutch Waffle Chilled Juice or Fruit Milk Choice OOL BREAKFA	3/9 Breakfast Sandwich Chilled Juice or Fruit Milk Choice ST WEEK!!!!!	3/10 Pancake on a Stick Chilled Juice or Fruit Milk Choice	Benefit Bars Cherry Frudel Apple Frudel Assorted Veggilicious Muffins Assorted WG Breakfast Breads and Pastries Yogurt with Whole Grain Crackers Variety of Fresh Fruit, and 100% Fruit Juice available daily.
3/13 Cinnamon Roll Chilled Juice or Fruit Milk Choice	3/14 Breakfast Pizza Chilled Juice or Fruit Milk Choice	3/15 Dutch Waffle Chilled Juice or Fruit Milk Choice	3/16 Breakfast Sandwich Chilled Juice or Fruit Milk Choice	3/17 HAPPY ST. PATRICK'S DAY	Milk Choices Offered Daily May Include
3/20 Cinnamon Roll Chilled Juice or Fruit Milk Choice	3/21 Breakfast Pizza Chilled Juice or Fruit Milk Choice	3/22 Dutch Waffle Chilled Juice or Fruit Milk Choice	3/23 Breakfast Sandwich Chilled Juice or Fruit Milk Choice	3/24 Pancake on a Stick Chilled Juice or Fruit Milk Choice	Fat Free Chocolate, Fat Free Strawberry, Fat Free Vanilla, Low Fat White Proud to manage your food service program
3/27 Cinnamon Roll Chilled Juice or Fruit Milk Choice	3/28 Breakfast Pizza Chilled Juice or Fruit Milk Choice	3/29 Dutch Waffle Chilled Juice or Fruit Milk Choice	3/30 Breakfast Sandwich Chilled Juice or Fruit Milk Choice	3/31 Pancake on a Stick Chilled Juice or Fruit Milk Choice	Meal Prices: Paid \$1.10 Reduced \$.30
					The School District does not discriminate on the basis of age, race, color, national or ethnic origin, sex or handicap in employment practices or in administration of any of its education programs and activities in accordance with applicable federal statutes and regulations. EOE