



# BREAKFAST @SCHOOL

For first-class learning!

Senior High School Breakfast Menu

Featuring  
Healthy Fruits  
& Grains!

## BREAKFAST MENU FOR MARCH 2019

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

**AVAILABLE DAILY**  
**Choose 2 Items**  
 Fruit Juice, Fresh Fruit or dished fruit  
**\*Must Choose 1 Fruit Item**  
**Choose 1 Item**  
 Milk: 1%, Fat-Free White or Chocolate  
**Choose 2 Items**  
 Fresh bagel, donut, muffin, cereal, yogurt or cheese stick

**SCHOOL BREAKFAST**  
**START YOUR ENGINES!**  
 Kids! Join us March 4-8 for National School Breakfast Week 2019

**MARCH IS NATIONAL NUTRITION MONTH**

**Friday, March 1**  
**Hot Breakfast**  
**Entrée**  
**Choices**  
 Plain Egg Patty (1 grain)  
 Mini Cinis (2 grains)  
 Breakfast Pizza (2 grains)  
 Egg & Cheese Sandwich (2 grains)

Every complete meal we serve comes with your choice of lowfat or nonfat milk!

**Monday, March 4**  
**Hot Breakfast**  
**Entrée**  
**Choices**  
 Plain Egg Patty (1 grain)  
 French Toast Sticks (2 grains)  
 Egg & cheese Sandwich (2 grains)  
 National Breakfast Week Menu Specials  
 WG Donut

**Tuesday, March 5**  
**Hot Breakfast**  
**Entrée**  
**Choices**  
 Cheese Omelet (1 grain)  
 Pillsbury Pancake Baggie  
 Egg & Cheese Sandwich (2 grains)  
 National Breakfast Week Menu Specials  
 Hash Brown Patty

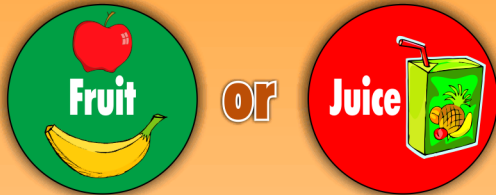
**Wednesday, March 6**  
**Hot Breakfast**  
**Entrée**  
**Choices**  
 Plain Egg Patty (1 grain)  
 Mini Cinis (2 grains)  
 Egg & Cheese Sandwich  
 National Breakfast Week Menu Specials  
 Fresh Fruit Cup

**Thursday, March 7**  
**Hot Breakfast**  
**Entrée**  
**Choices**  
 Cheese Omelet (1 grain)  
 Sausage & Pancake Wrap (2 grains)  
 Egg & Cheese Sandwich  
 National Breakfast Week Menu Specials  
 Chocolate Croissant

**Friday, March 8**  
**Hot Breakfast**  
**Entrée**  
**Choices**  
 Plain Egg Patty (1 grain)  
 Mini Cinis (2 grains)  
 Breakfast Pizza (2 grains)  
 Egg & Cheese Sandwich (2 grains)  
 National Breakfast Week Menu Specials  
 French Toast Sticks

# First things First

To make a breakfast, choose at least one



**RUSH-HENRIETTA CSD  
FOOD SERVICES DEPARTMENT**

**Monday, March 11**

**Hot Breakfast  
Entrée  
Choices**

Plain Egg Patty  
(1 grain)  
French Toast Sticks  
(2 grains)

Egg & Cheese  
Sandwich  
(2 grains)

**Tuesday, March 12**

**Hot Breakfast  
Entrée  
Choices**

Cheese Omelet  
(1 grain)  
Pillsbury Pancake  
Baggie  
(2 grains)

Egg & Cheese  
Sandwich  
(2 grains)

**Wednesday, March 13**

**Hot Breakfast  
Entrée  
Choices**

Plain Egg Patty  
(1 grain)  
Mini  
Cinis  
(2 grains)

Egg & Cheese  
Sandwich  
(2 grains)

**Thursday, March 14**

**Hot Breakfast  
Entrée  
Choices**

Cheese Omelet  
(1 grain)  
Sausage & Pancake  
Wrap  
(2 grains)

Egg & Cheese  
Sandwich  
(2 grains)

**Friday, March 15**

**Hot Breakfast  
Entrée  
Choices**

Plain Egg Patty  
(1 grain)  
Mini Cinis  
(2 grains)  
Breakfast Pizza  
(2 grains)

Egg & Cheese  
Sandwich  
(2 grains)

**Monday, March 18**

**Hot Breakfast  
Entrée  
Choices**

Plain Egg Patty  
(1 grain)  
French Toast Sticks  
(2 grains)

Egg & Cheese  
Sandwich  
(2 grains)

**Tuesday, March 19**

**Hot Breakfast  
Entrée  
Choices**

Cheese Omelet  
(1 grain)  
Pillsbury Pancake  
Baggie  
(2 grains)

Egg & Cheese  
Sandwich  
(2 grains)

**Wednesday, March 20**

**Hot Breakfast  
Entrée  
Choices**

Plain Egg Patty  
(1 grain)  
Mini  
Cinis  
(2 grains)

Egg & Cheese  
Sandwich  
(2 grains)

**Thursday, March 21**

**Hot Breakfast  
Entrée  
Choices**

Cheese Omelet  
(1 grain)  
Sausage & Pancake  
Wrap  
(2 grains)

Egg & Cheese  
Sandwich  
(2 grains)

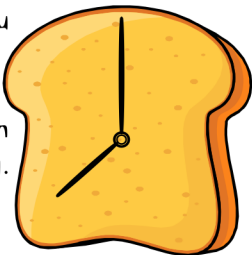
**Friday, March 22**



**No  
School  
Today**

# OFF THE CLOCK.

A clock can't always tell you when it's time for breakfast! Eat at home, before you start your day. Or eat when you get where you're going. Or eat something mid-morning. Research even suggests kids learn and feel better when they eat TWO smaller healthy breakfasts.



**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.  
WELLNESS IS A WAY OF LIFE!**

**Monday, March 25**

**Hot Breakfast  
Entrée  
Choices**

Plain Egg Patty  
(1 grain)  
French Toast Sticks  
(2 grains)

Egg & Cheese  
Sandwich  
(2 grains)

**Tuesday, March 26**

**Hot Breakfast  
Entrée  
Choices**

Cheese Omelet  
(1 grain)  
Pillsbury Pancake  
Baggie  
(2 grains)

Egg & Cheese  
Sandwich  
(2 grains)

**Wednesday, March 27**

**Hot Breakfast  
Entrée  
Choices**

Plain Egg Patty  
(1 grain)  
Mini  
Cinis  
(2 grains)

Egg & Cheese  
Sandwich  
(2 grains)

**Thursday, March 28**

**Hot Breakfast  
Entrée  
Choices**

Cheese Omelet  
(1 grain)  
Sausage & Pancake  
Wrap  
(2 grains)

Egg & Cheese  
Sandwich  
(2 grains)

**Friday, March 29**

**Hot Breakfast  
Entrée  
Choices**

Hot Breakfast  
Entrée  
Choices  
Plain Egg Patty  
(1 grain)

Mini Cinis  
(2 grains)  
Breakfast Pizza  
(2 grains)