



# BREAKFAST @SCHOOL

For first-class learning!

Sherman and Vollmer Schools 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% or Fat-Free White Chocolate  
 Choose 2 Items  
 Bagelette, 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)

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)  
 Pillsbury Pancake Baggie (2 grains)  
 National Breakfast Week Menu Specials  
 WG Donut

**Tuesday, March 5**  
**Hot Breakfast**  
**Entrée Choices**  
 Cheese Omelet (1 grain)  
 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)  
 National Breakfast Week Menu Specials  
 Fresh Fruit Cup

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

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

# First things First

To make a breakfast, choose at least one



or



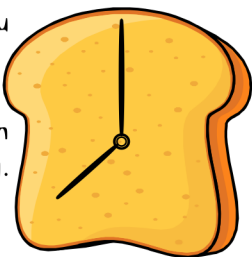
and at least three items total



RUSH-HENRIETTA CSD  
FOOD SERVICES DEPARTMENT

# 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 11	Tuesday, March 12	Wednesday, March 13	Thursday, March 14	Friday, March 15
<p><b>Hot Breakfast</b> <b>Entrée</b> <b>Choices</b></p> <p>Plain Egg Patty (1 grain)</p> <p>Pillsbury Pancake Baggie (2 grains)</p>	<p><b>Hot Breakfast</b> <b>Entrée</b> <b>Choices</b></p> <p>Cheese Omelet (1 grain)</p> <p>Egg &amp; Cheese Sandwich (2 grains)</p>	<p><b>Hot Breakfast</b> <b>Entrée</b> <b>Choices</b></p> <p>Plain Egg Patty (1 grain)</p> <p>Mini Cinis (2 grains)</p>	<p><b>Hot Breakfast</b> <b>Entrée</b> <b>Choices</b></p> <p>Cheese Omelet (1 grain)</p> <p>Sausage &amp; Pancake Wrap (2 grains)</p>	<p><b>Hot Breakfast</b> <b>Entrée</b> <b>Choices</b></p> <p>Plain Egg Patty (1 grain)</p> <p>Mini Cinis (2 grains)</p>
Monday, March 18	Tuesday, March 19	Wednesday, March 20	Thursday, March 21	Friday, March 22
<p><b>Hot Breakfast</b> <b>Entrée</b> <b>Choices</b></p> <p>Plain Egg Patty (1 grain)</p> <p>Pillsbury Pancake Baggie (2 grains)</p>	<p><b>Hot Breakfast</b> <b>Entrée</b> <b>Choices</b></p> <p>Cheese Omelet (1 grain)</p> <p>Egg &amp; Cheese Sandwich (2 grains)</p>	<p><b>Hot Breakfast</b> <b>Entrée</b> <b>Choices</b></p> <p>Plain Egg Patty (1 grain)</p> <p>Mini Cinis (2 grains)</p>	<p><b>Hot Breakfast</b> <b>Entrée</b> <b>Choices</b></p> <p>Cheese Omelet (1 grain)</p> <p>Sausage &amp; Pancake Wrap (2 grains)</p>	 <p><b>No School Today</b></p>
Monday, March 25	Tuesday, March 26	Wednesday, March 27	Thursday, March 28	Friday, March 29
<p><b>Hot Breakfast</b> <b>Entrée</b> <b>Choices</b></p> <p>Plain Egg Patty (1 grain)</p> <p>Pillsbury Pancake Baggie (2 grains)</p>	<p><b>Hot Breakfast</b> <b>Entrée</b> <b>Choices</b></p> <p>Cheese Omelet (1 grain)</p> <p>Egg &amp; Cheese Sandwich (2 grains)</p>	<p><b>Hot Breakfast</b> <b>Entrée</b> <b>Choices</b></p> <p>Plain Egg Patty (1 grain)</p> <p>Mini Cinis (2 grains)</p>	<p><b>Hot Breakfast</b> <b>Entrée</b> <b>Choices</b></p> <p>Cheese Omelet (1 grain)</p> <p>Sausage &amp; Pancake Wrap (2 grains)</p>	<p><b>Hot Breakfast</b> <b>Entrée</b> <b>Choices</b></p> <p>Plain Egg Patty (1 grain)</p> <p>Mini Cinis (2 grains)</p>