| ST. FRANCIS XAVIER SCHOOL |  | MARCH <br> BREAKFAST <br> MENU |  | At least 80\% of grains served are whole grain rich (WGR). The remaining grains are enriched. |
| :---: | :---: | :---: | :---: | :---: |
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| 4 | 5 | 6 | 7 | Lent 8 |
| Bagel, Sausage, Egg Patty | Pumpkin or Banana Bread | Cinnamon Roll and Gogurt | Mini Pancakes | Long John |
|  | Yogurt |  | Syrup (Optional) |  |
|  |  |  |  |  |
| Fruit/Fruit Cup | Fruit/Fruit Cup | Fruit/Fruit Cup | Fruit/Fruit Cup | Fruit/Fruit Cup |
| Apple or Orange or Grape Juice | Apple or Orange or Grape Juice | Apple or Orange or Grape Juice | Apple or Orange or Grape Juice | Apple or Orange or Grape Juice |
| Milk | Mlik | Milk | Milk | Milk |
| 11 | 12 | 13 | 14 | Lent 15 |
| Breakfast Pizza | Muffin and Yogurt | Powdered Sugar Donut Holes | Mini Cinni | Mini French Toast |
|  | (Banana, Chocolate, Apple Cinnamon) |  |  | Syrup (Optional) |
|  |  |  |  |  |
| Fruit/Fruit Cup | Fruit/Fruit Cup | Fruit/Fruit Cup | Fruit/Fruit Cup | Fruit/Fruit Cup |
| Apple or Orange or Grape Juice | Apple or Orange or Grape Juice | Apple or Orange or Grape Juice | Apple or Orange or Grape Juice | Apple or Orange or Grape Juice |
| Milk | Milk | Milk | Milk | Milk |
| 18 | 19 | 20 | 21 | Lent 22 |
| Long John | Bagel, Sausage, Egg Patty | Pumpkin or Banana Bread | Cinnamon Roll and Gogurt | Mini Pancakes |
|  |  | Yogurt |  | Syrup (Optional) |
|  |  |  |  |  |
| Fruit/Fruit Cup | Fruit/Fruit Cup | Fruit/Fruit Cup | Fruit/Fruit Cup | Fruit/Fruit Cup |
| Apple or Orange or Grape Juice | Apple or Orange or Grape Juice | Apple or Orange or Grape Juice | Apple or Orange or Grape Juice | Apple or Orange or Grape Juice |
| Milk | Milk | Milk | Milk | Milk |
| 25 | 26 | 27 | 28 | 29 |
| Mini Cinni | Breakfast Pizza | Muffin and Yogurt |  |  |
|  |  | (Banana, Chocolate, Apple Cinnamon) |  | GOOD FRIDAY |
|  |  |  | NO SCHOOL | NO SCHOOL |
| Fruit/Fruit Cup | Fruit/Fruit Cup | Fruit/Fruit Cup |  |  |
| Apple or Orange or Grape Juice | Apple or Orange or Grape Juice | Apple or Orange or Grape Juice |  |  |
| Milk | Milk | Milk |  |  |
|  |  |  |  |  |
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Cereal Bars/toast OR Cereal/toast are available as an alternate to the main/hot breakfast item every day!

## Pop Tarts/toast will be avaialble as an alternate breakfast entree when available too!

Each meal includes a choice of: $1 \%$ white milk or skim chocolate milk
Each breakfast meal MUST include a fruit choice - apple juice, orange juice, grape juice and a variety of other fruit options are available daily!
${ }^{* * *}$ Each student can take 2 Fruit choices as part of the reimbursable meal. At least ONE fruit must be taken. Only one juice allowed per meal.
This institution is an equal opportunity provider

