

March Breakfast



This institution is an equal opportunity provider.
cws.mpls.k12.mn.us

SECONDARY 2023



SELECTION OF FRUIT & MILK OFFERED DAILY

March is National Nutrition Month!



Eating with sustainability in mind is a tasty way to nourish ourselves and build healthy habits. Fuel your body and protect the environment!

W 1

Hot Breakfast Bar:

English Muffin, Biscuit, Waffles, Breakfast Chicken Filet, Egg Patty

OR

Cold Breakfast Bar:

Assorted Cereals, Protein Options, and Build your own Yogurt Parfait

T 2

Hot Breakfast Bar:

English Muffin, Biscuit, Waffles, Breakfast Chicken Filet, Egg Patty

OR

Cold Breakfast Bar:

Assorted Cereals, Protein Options, and Build your own Yogurt Parfait

F 3

NO SCHOOL

National School Breakfast Week Mar 6-10 #NSBW23



Hot Breakfast Bar:
Cinnamon Glazed French Toast, Hashbrown Patty, Biscuit, Pancakes, Scrambled Eggs, Turkey Sausages

OR

Cold Breakfast Bar:
🚲 Overnight Oats with Strawberries, Assorted Cereals

Hot Breakfast Bar:
Cinnamon Glazed French Toast, Hashbrown Patty, Biscuit, Pancakes, Scrambled Eggs, Turkey Sausages

OR

Cold Breakfast Bar:
🚲 Overnight Oats with Blueberries, Assorted Cereals

Hot Breakfast Bar:
Cinnamon Glazed French Toast, Hashbrown Patty, Biscuit, Pancakes, Scrambled Eggs, Turkey Sausages

OR

Cold Breakfast Bar:
🚲 Overnight Oats with Raspberries, Assorted Cereals

Hot Breakfast Bar:
Cinnamon Glazed French Toast, Hashbrown Patty, Biscuit, Pancakes, Scrambled Eggs, Turkey Sausages

OR

Cold Breakfast Bar:
🚲 Overnight Oats with Mango, Assorted Cereals

Hot Breakfast Bar:
Cinnamon Glazed French Toast, Hashbrown Patty, Biscuit, Pancakes, Scrambled Eggs, Turkey Sausages

OR

Cold Breakfast Bar:
🚲 Overnight Oats with Assorted Fruits, Assorted Cereals

M 13

Hot Breakfast Bar:
English Muffin, Biscuit, Waffles, Breakfast Chicken Filet, Egg Patty

OR

Cold Breakfast Bar:
Assorted Cereals, Protein Options, and Build your own Yogurt Parfait

T 14

Hot Breakfast Bar:
English Muffin, Biscuit, Waffles, Breakfast Chicken Filet, Egg Patty

OR

Cold Breakfast Bar:
Assorted Cereals, Protein Options, and Build your own Yogurt Parfait

W 15

Hot Breakfast Bar:
English Muffin, Biscuit, Waffles, Breakfast Chicken Filet, Egg Patty

OR

Cold Breakfast Bar:
Assorted Cereals, Protein Options, and Build your own Yogurt Parfait

T 16

Hot Breakfast Bar:
English Muffin, Biscuit, Waffles, Breakfast Chicken Filet, Egg Patty

OR

Cold Breakfast Bar:
Assorted Cereals, Protein Options, and Build your own Yogurt Parfait

F 17

Hot Breakfast Bar:
English Muffin, Biscuit, Waffles, Breakfast Chicken Filet, Egg Patty

OR

Cold Breakfast Bar:
Assorted Cereals, Protein Options, and Build your own Yogurt Parfait

M 20

Hot Breakfast Bar:
Cinnamon Glazed French Toast, Hashbrown Patty, Biscuit, Pancakes, Scrambled Eggs, Turkey Sausages

OR

Cold Breakfast Bar:
Assorted Cereals, Protein Options, and Build your own Yogurt Parfait

T 21

Hot Breakfast Bar:
Cinnamon Glazed French Toast, Hashbrown Patty, Biscuit, Pancakes, Scrambled Eggs, Turkey Sausages

OR

Cold Breakfast Bar:
Assorted Cereals, Protein Options, and Build your own Yogurt Parfait

W 22

Hot Breakfast Bar:
Cinnamon Glazed French Toast, Hashbrown Patty, Biscuit, Pancakes, Scrambled Eggs, Turkey Sausages

OR

Cold Breakfast Bar:
Assorted Cereals, Protein Options, and Build your own Yogurt Parfait

T 23

Hot Breakfast Bar:
Cinnamon Glazed French Toast, Hashbrown Patty, Biscuit, Pancakes, Scrambled Eggs, Turkey Sausages

OR

Cold Breakfast Bar:
Assorted Cereals, Protein Options, and Build your own Yogurt Parfait

F 24

Hot Breakfast Bar:
Cinnamon Glazed French Toast, Hashbrown Patty, Biscuit, Pancakes, Scrambled Eggs, Turkey Sausages

OR

Cold Breakfast Bar:
Assorted Cereals, Protein Options, and Build your own Yogurt Parfait

M 27

Hot Breakfast Bar:
English Muffin, Biscuit, Waffles, Breakfast Chicken Filet, Egg Patty

OR

Cold Breakfast Bar:
Assorted Cereals, Protein Options, and Build your own Yogurt Parfait

T 28

Hot Breakfast Bar:
English Muffin, Biscuit, Waffles, Breakfast Chicken Filet, Egg Patty

OR

Cold Breakfast Bar:
Assorted Cereals, Protein Options, and Build your own Yogurt Parfait

W 29

Hot Breakfast Bar:
English Muffin, Biscuit, Waffles, Breakfast Chicken Filet, Egg Patty

OR

Cold Breakfast Bar:
Assorted Cereals, Protein Options, and Build your own Yogurt Parfait

T 30

Hot Breakfast Bar:
English Muffin, Biscuit, Waffles, Breakfast Chicken Filet, Egg Patty

OR

Cold Breakfast Bar:
Assorted Cereals, Protein Options, and Build your own Yogurt Parfait

F 31

NO SCHOOL