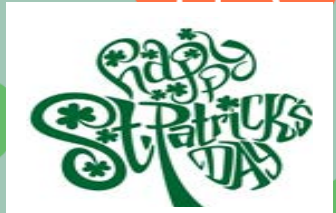



**BREAKFAST**

# MARCH 2019 PRE-K- 8<sup>TH</sup> Child Nutrition Program

**BIC  
MENU**
**Monday**
**Tuesday**
**Wednesday**
**Thursday**
**Friday**


**Maple Pancakes** **4**  
Syrup  
1/2 cup 100% Fruit Juice  
1/2 cup Fresh Fruit  
Milk

**Yogurt 4 oz. with Granola** **5**  
1/2 cup 100% Fruit Juice  
1/2 cup Fresh Fruit  
Milk

**Cheese / Egg Omelet Wrap** **6**  
1/2 cup 100% Fruit Juice  
1/2 cup Fresh Fruit  
Milk

**French Toast Sticks** **7**  
Syrup  
1/2 cup 100% Fruit Juice  
1/2 cup Fruit Cup  
Milk

**Assorted Cold Cereal** **1**  
1/2 cup 100% Fruit Juice  
1/2 cup Fresh Fruit  
Milk

**Cream Cheese Filled Bagel Roll** **11**  
1/2 cup 100% Fruit Juice  
1/2 cup Fruit Cup  
Milk

**Cinnamon Waffles** **12**  
Syrup  
1/2 cup 100% Fruit Juice  
1/2 cup Fresh Fruit  
Milk

**Biscuit and Sausage** **13**  
1/2 cup 100% Fruit Juice  
1/2 cup Fresh Fruit  
Milk

**Croissant with jelly/butter & Cheese Stick** **14**  
1/2 cup 100% Fruit Juice  
1/2 cup Fruit Cup  
Milk

**Assorted Cold Cereal** **8**  
1/2 cup 100% Fruit Juice  
1/2 cup Fresh Fruit  
Milk

**Assorted Cold Cereal** **15**  
1/2 cup 100% Fruit Juice  
1/2 cup Fresh Fruit  
Milk

**Blueberry Biscuit** **18**  
1/2 cup 100% Fruit Juice  
1/2 cup Fresh Fruit  
Milk

**Maple Pancakes** **19**  
Syrup  
1/2 cup 100% Fruit Juice  
1/2 cup Fresh Fruit  
Milk

**Yogurt 4 oz. with Granola** **20**  
1/2 cup 100% Fruit Juice  
1/2 cup Fresh Fruit  
Milk

**Cream Cheese Filled Bagel Roll** **21**  
1/2 cup 100% Fruit Juice  
1/2 cup Fruit Cup  
Milk

**Assorted Cold Cereal** **22**  
1/2 cup 100% Fruit Juice  
1/2 cup Fresh Fruit  
Milk

**Yogurt 4 oz. with Granola** **25**  
1/2 cup 100% Fruit Juice  
1/2 cup Fresh Fruit  
Milk

**Cinnamon Waffles** **26**  
Syrup  
1/2 cup 100% Fruit Juice  
1/2 cup Fresh Fruit  
Milk

**Blueberry Biscuit** **27**  
1/2 cup 100% Fruit Juice  
1/2 cup Fresh Fruit  
Milk

**Cream Cheese Filled Bagel Roll** **28**  
1/2 cup 100% Fruit Juice  
1/2 cup Fruit Cup  
Milk

**Assorted Cold Cereal** **29**  
1/2 cup 100% Fruit Juice  
1/2 cup Fresh Fruit  
Milk

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- (1) mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

This institution is an equal opportunity provider

Two-½ cup fruit options will be offered daily. Milk is served with every meal. Choose 1% White Milk or Fat Free White Milk. Student must take a fruit and/or juice. ALL GRAIN PRODUCTS ARE WHOLE GRAIN AND MEET THE GRAIN OUNCE EQUIVALENCY ALL FOOD ITEMS MEET USDA CACFP AND CNP: NSLP/SBP REQUIREMENTS.

Fresh Fruit= Whole Fruit  
Fruit Cup= 4 oz. cup Frozen Fruit

