



PAUL
March 2020

BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Fat Free Asst Yogurt Muffin OR Asst Cold Cereal</p> <p>Fresh Fruit Skim or 1% Milk</p>	<p>3</p> <p>Breakfast Quesadilla OR Asst Cold Cereal 100% Apple Juice Skim or 1% Milk</p>	<p>4</p> <p>Grits & Brown Sugar OR Asst Cold Cereal Applesauce</p> <p>Skim or 1% Milk</p>	<p>5</p> <p>Waffle & Egg OR Asst Cereal</p> <p>Fresh Fruit Skim or 1% Milk</p>	<p>6</p> <p>Bagel & Berry Compote & Cream Cheese OR Asst Cold Cereal 100% Apple Juice Skim or 1% Milk</p>
<p>9</p> <p>Whole Grain & Oatmeal Breakfast "Cookie" Fat Free Yogurt Asst Cold Cereal</p> <p>Fresh Fruit Skim or 1% Milk</p>	<p>10</p> <p>Turkey Sausage & Cheese on Biscuit OR Fat Free Yogurt Asst Cold Cereal 100% Apple Juice Skim or 1% Milk</p>	<p>11</p> <p>Whole Grain Cereal or Whole Grain Breakfast Muffin Banana</p> <p>Skim or 1% Milk</p>	<p>12</p> <p>Whole Grain French Toast Sticks OR Asst Cereal Fat Free Yogurt</p> <p>Fresh Fruit Skim or 1% Milk</p>	<p>13</p> <p>Whole Grain Cereal and Fat-Free Yogurt or Whole Grain Banana Muffin</p> <p>Fresh Fruit Skim or 1% Milk</p>
<p>16</p> <p>Fat Free Asst Yogurt Granola Breakfast Bar</p> <p>Fresh Fruit Skim or 1% Milk</p>	<p>17</p> <p>Scrambled Egg Sandwich on Whole Wheat English Muffin with Cheese Fat Free Yogurt Asst Cold Cereal 100% Apple Juice Skim or 1% Milk</p>	<p>18</p> <p>Oatmeal with Raisins OR Asst Cold Cereal Orange Wedges Skim or 1% Milk</p>	<p>19</p> <p>Waffle & Egg OR Asst Cereal</p> <p>Fresh Fruit Skim or 1% Milk</p>	<p>20</p> <p>Whole Grain Cereal and Fat-Free Yogurt Or Whole Grain Bagel with Low Fat Cream Cheese Applesauce Skim or 1% Milk</p>
<p>23</p> <p>ASST Cold Cereal Fat Free Yogurt OR Granola & Blueberry Parfait</p> <p>Fresh Fruit Skim or 1% Milk</p>	<p>24</p> <p>Turkey Sausage on Whole Wheat English Muffin with Cheese Fat Free Yogurt Asst Cold Cereal</p> <p>100% Apple Juice Skim or 1% Milk</p>	<p>25</p> <p>Whole Grain & Oatmeal Breakfast "Cookie" Fat Free Yogurt Asst Cold Cereal</p> <p>Fresh Fruit Skim or 1% Milk</p>	<p>26</p> <p>Bagel & Berry Compote & Cream Cheese OR Asst Cold Cereal Fat Free Yogurt 100% Apple Juice Skim or 1% Milk</p>	<p>27</p> <p>Whole Grain Cereal or Whole Grain Breakfast Muffin Applesauce</p> <p>Skim or 1% Milk</p>
<p>30</p> <p>Whole Grain & Oatmeal Breakfast "Cookie" Fat Free Yogurt Asst Cold Cereal</p> <p>Fresh Fruit Skim or 1% Milk</p>	<p>31</p> <p>Turkey Sausage & Cheese on Biscuit OR Fat Free Yogurt Asst Cold Cereal 100% Apple Juice Skim or 1% Milk</p>			