

March 2022

Mid-Atlantic Regional Breakfast Menu



BREAKFAST				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>Apple Bread</b> housemade Assorted Fruit Skim/1% Milk	<b>Whole Grain Waffles</b> Syrup Assorted Fruit Skim/1% Milk	<b>Sausage Biscuit</b> Assorted Fruit Skim/1% Milk	<b>Oatmeal with Toppings</b> Assorted Fruit Skim/1% Milk
<b>Whole Grain Bagel</b> Cream Cheese Assorted Fruit Skim/1% Milk	<b>Whole Grain Pancakes</b> Syrup Assorted Fruit Skim/1% Milk	<b>Assorted Yogurt Cup</b> Granola (1/4 cup) Assorted Fruit Skim/1% Milk	<b>Sausage English Muffin</b> Assorted Fruit Skim/1% Milk	<b>Whole Grain French Toast Sticks</b> Assorted Fruit Skim/1% Milk
<b>Muffin Town</b> Yogurt Assorted Fruit Skim/1% Milk	<b>Banana Bread</b> housemade Assorted Fruit Skim/1% Milk	<b>Whole Grain Waffles</b> Syrup Assorted Fruit Skim/1% Milk	<b>Sausage Biscuit</b> Assorted Fruit Skim/1% Milk	<b>Oatmeal with Toppings</b> Assorted Fruit Skim/1% Milk
<b>Whole Grain Bagel</b> Cream Cheese Assorted Fruit Skim/1% Milk	<b>Whole Grain Pancakes</b> Syrup Assorted Fruit Skim/1% Milk	<b>Assorted Yogurt Cup</b> Granola (1/4 cup) Assorted Fruit Skim/1% Milk	<b>Egg &amp; Cheese Breakfast Sandwich</b> Assorted Fruit Skim/1% Milk	<b>Whole Grain French Toast Sticks</b> Assorted Fruit Skim/1% Milk
<b>Muffin Town</b> String Cheese Assorted Fruit Skim/1% Milk	<b>Apple Bread</b> housemade Assorted Fruit Skim/1% Milk	<b>Whole Grain Waffles</b> Syrup Assorted Fruit Skim/1% Milk	<b>Sausage Biscuit</b> Assorted Fruit Skim/1% Milk	

This institution is an equal opportunity provider.

NOTE: Menu subject to change