



March 2023 Breakfast Menu – All Levels

Monday	Tuesday	Wednesday	Thursday	Friday
	<p><u>Mayfield Milk Choices:</u></p> <p>White Skim (13) White 1% (13) Fat Free Chocolate(20) (No High Fructose Corn Syrup)</p>		<p>WG = Whole Grain Equivalent</p> <p>Select up to 2 offerings of fruit, fruit juice and/or vegetable choice of the day</p>	<p>Approximate grams of Carbohydrates per servings is shown in parenthesis</p> <p>WG Cereal (14-27) Elementary, Middle & High WG Post Cereal (14-27) & WG Belly Bears (21) Preschool</p>
		March 1 st	March 2 nd	March 3 rd
		<p><u>Choose one</u></p> <p>WG Apple Cinnamon French Toast (45) - Ele/Middle/High Wild Blueberry Snack N' Waffle (37) - Preschool or WG Cereal, 2 oz.</p> <p>Milk, Fruit, Juice Choice</p>	<p><u>Choose one</u></p> <p>WG Biscuit & Gravy (34) or WG Cereal, 2 oz.</p> <p>Milk, Fruit, Juice Choice</p>	<p><u>Choose one</u></p> <p>WG Chicken Biscuit (32) or WG Cereal, 2 oz.</p> <p>Milk, Fruit, Juice Choice</p>
March 6 th	March 7 th	March 8 th	March 9 th	March 10 th
<p><u>Choose one</u></p> <p>WG Mini Breakfast Clusters (38) - Ele/Middle/High WG Chicken (32) or Sausage Biscuit (30) - Preschool or WG Cereal, 2 oz.</p> <p>Milk, Fruit, Juice Choice</p>	<p><u>Choose one</u></p> <p>WG Sausage Biscuit (30) or WG Cereal, 2 oz.</p> <p>Milk, Fruit, Juice Choice</p>	<p><u>Choose one</u></p> <p>Sweet Cinnamon Snack N' Waffle (37) or WG Cereal, 2 oz.</p> <p>Milk, Fruit, Juice Choice</p>	<p><u>Choose one</u></p> <p>Manager's Choice or WG Cereal, 2 oz.</p> <p>Milk, Fruit, Juice Choice</p>	<p><u>Choose one</u></p> <p>Manager's Choice or WG Cereal, 2 oz.</p> <p>Milk, Fruit, Juice Choice</p>
March 13 th	March 14 th	March 15 th	March 16 th	March 17 th
<p><i>Spring Break</i></p>	<p><i>Spring Break</i></p>	<p><i>Spring Break</i></p>	<p><i>Spring Break</i></p>	<p><i>Spring Break</i></p>

March 20 th	March 21 st	March 22 nd	March 23 ^d	March 24 th
<p>Choose one WG Eggo Mini Confetti Pancakes (36) - Ele/Middle/High WG Chicken (32) or Sausage Biscuit (30) - Preschool or WG Cereal, 2 oz. Milk, Fruit, Juice Choice</p>	<p>Choose one WG Sausage Biscuit (30) or WG Cereal, 2 oz. Milk, Fruit, Juice Choice</p>	<p>Choose one Wild Blueberry Snack N' Waffle (37) or WG Cereal, 2 oz. Milk, Fruit, Juice Choice</p>	<p>Choose one WG Biscuit & Gravy (34) or WG Cereal, 2 oz. Milk, Fruit, Juice Choice</p>	<p>Choose one WG Chicken Biscuit (32) or WG Cereal, 2 oz. Milk, Fruit, Juice Choice</p>
March 27 th	March 28 th	March 29 th	March 30 th	March 31 st
<p>Choose one WG Eggo Mini Confetti Pancakes (36) - Ele/Middle/High WG Chicken (32) or Sausage Biscuit (30) - Preschool or WG Cereal, 2 oz. Milk, Fruit, Juice Choice</p>	<p>Choose one WG Sausage Biscuit (30) or WG Cereal, 2 oz. Milk, Fruit, Juice Choice</p>	<p>Choose one WG Mini Breakfast Clusters (38) - Ele/Middle/High Wild Blueberry Snack N' Waffle (37) - Preschool or WG Cereal, 2 oz. Milk, Fruit, Juice Choice</p>	<p>Choose one Breakfast Pizza (37) or WG Cereal, 2 oz. Milk, Fruit, Juice Choice</p>	<p>Choose one WG Chicken Biscuit (32) or WG Cereal, 2 oz. Milk, Fruit, Juice Choice</p>