






MARCH 2020 WELCOME CENTER BREAKFAST & SNACK MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>2 A.M. WG Bagel w/ Cinnamon Cream Cheese Pears Milk P.M. Peaches Milk</p>	<p>3 A.M. Chicken Patty on a Bun Mandarin Oranges Milk P.M. Strawberry Chex Mix Milk</p>	<p>4 A.M. WG (3) French Toast Stix Applesauce Milk P.M. ½ WG Toasted Cheese Twist 100% Orange Juice</p>	<p>5 A.M. WG (2) Waffles 100% V-8 Juice Milk P.M. WG Cinnamon Teddy Graham Crackers Milk</p>	<p>6 A.M. WG Biscuit Scrambled Egg Patty Mixed Fruit Cup Milk P.M. Mandarin Oranges Milk</p> 
<p>9 A.M. 2 Slices of WG Breakfast Pizza Peaches Milk P.M. Crackers & Peanut Butter</p>	<p>10 A.M. WG Bun w/ Egg & Cheese 100% Apple Juice Milk P.M. WG Animal Crackers Flavored Milk</p>	<p>11 A.M. WG Biscuit Hard Boiled Egg 100% Orange Juice Milk P.M. Cheese Stick Applesauce</p>	<p>12 A.M. WG (2) Toast Scrambled Egg Patty Applesauce Milk P.M. 1 WG Waffle Strawberries</p>	<p>13 A.M. WG Toasted Cheese Twist 100% V-8 Juice Milk P.M. WG Cheez it Crackers Flavored Milk</p>
<p>16 A.M. WG Oatmeal Hard Boiled Egg Cinnamon Applesauce Milk P.M. WG Strawberry Chex Mix Milk</p>	<p>17 A.M. WG (2) Waffles Cinnamon Applesauce Milk P.M. Cheese Stick 100% V-8 Juice</p>	<p>18 A.M. WG Biscuit Turkey Sausage 100% Grape Juice Milk P.M. WG Cheddar Chex Mix Yogurt</p>	<p>19 A.M. WG Toasted Cheese Twist 100% Apple Juice Milk P.M. WG Chocolate Graham Crackers Milk</p>	<p>20 A.M. WG Texas French Toast Pears Milk P.M. Peanut Butter Sandwich Crackers Yogurt</p>
<p>23 A.M. WG Oat Round Cereal 100% V-8 Juice Milk P.M. WG Animal Crackers Flavored Milk</p>	<p>24 A.M. WG (2) Pancakes 100% V-8 Juice Milk P.M. WG Corn Chips Flavored Milk</p>	<p>25 A.M. WG (2) Toast Scrambled Egg Mandarin Oranges Milk P.M. WG Cheez it Crackers Cottage Cheese</p>	<p>26 A.M. 2 Slices of WG Breakfast Pizza 100% Orange Juice Milk P.M. WG Bagel w/ Cinnamon Cream Cheese Flavored Milk</p>	<p>27 A.M. WG Bun w/ Egg & Cheese 100% Apple Juice Milk P.M. WG Graham Crackers Cottage Cheese</p>
<p>30 A.M. WG Blueberry Muffin Hard Boiled Egg Mixed Fruit Cup Milk P.M. Pears Cheese Stick</p> 	<p>31 A.M. Apple Cinnamon Muffin Pears Milk P.M. Cheez it Crackers 100% Pineapple Juice</p>		<p>In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability. To file a complaint, write to U.S.D.A., Director Office of Civil Rights, Room 326-W Whittan Building 1400 Independence Ave.; S.W. Washington D.C. 20250-9410 or call (202)720-5964 voice or TDD. "USDA is an equal opportunity provider and employer"</p>	<p>Lunch: 1 cup milk; 2 oz. meat, poultry, fish or cheese, ½ cup cottage cheese; cheese food or eggs(1) or ½ cup cooked dry beans or peas; 4 tbsps peanut butter; 1 cup yogurt; 1 cup veg. or fruit; 2 servings grain/bread. Snack: Any 2 of 4 components ½ cup yogurt; 1 cup milk; ½ c. fruit or veg juice; 1 slice/serving grain or bread. W.G.= Whole Grain</p> 

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