



# WHAT'S ON THE MENU?

## MARITIME ACADEMY: MARCH BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 3/3 Whole Grain Cereal <b>Dr. Suess Week</b> <b>Read A Book</b> Fresh Apple Slices Craisins	Whole Grain French Toast Sticks Turkey Sausage links  Orange Juice Tropical Fruit	Honey Biscuit & Sausage Gravy  Fresh Apple Slices Mandarin Oranges	<b>Green Eggs &amp; Turkey Ham</b>  Orange Wedges Chilled Pears	Buttery Sweet Grits Tator Tots  Grape Juice Chilled Peaches
Week 3/10 Maple Battered Turkey Pancake Wraps  Fresh Apple Slices Applesauce Cups	Whole Grain Buttermilk Pancakes Turkey Sausage Links  Orange Juice Tropical Fruit	Warm Strawberry Cream Cheese Bagels  Fresh Apples Mandarin Oranges	Cheese Omelet Crispy Hashbrowns  Orange Wedges Chilled Pears	Brown Sugar Oatmeal Tator Tots  Grape Juice Chilled Peaches
Week 3 3/17 Breakfast Sausage Pizza  Fresh Apple Slices Applesauce Cups	Whole Grain Eggo Eggoji Waffles Cheese Cubes  Orange Juice Tropical Fruit	Turkey Ham & Cheese Croissant  Fresh Apples Mandarin Oranges	Egg & Cheese Biscuit Sandwich  Orange Wedges Chilled Pears	Cinnamon Rolls Chicken Sausage Patty  Grape Juice Chilled Peaches
Week 4 3/24  <b>Instructional Day</b>  <b>No School</b>	Whole Grain Pancake Bites Scrambled Eggs  Orange Juice Tropical Fruit	Chicken Sausage & Egg English Muffin  Fresh Apples Mandarin Oranges	Whole Grain Maple Flavored Pancakes  Orange Wedges Chilled Pears	Buttery Sweet Grits Crispy Hashbrowns  Grape Juice Chilled Peaches
<b>Daily Alternates</b>				
Whole Grain Apple Cinnamon Muffin  String Cheese	Whole Grain Blueberry Muffin  String Cheese	Whole Grain Apple Cinnamon Muffin  String Cheese	Whole Grain Banana Muffin  String Cheese	Whole Grain Blueberry Muffin  String Cheese

**BREAKFAST:** A full student breakfast includes a choice of entree supplying grain and/or protein, two (2) fruit side dishes and choice of milk. Milk choices include 1% white and skim chocolate.

