~APRIL 2017~

FORT PLAIN JR/SR HIGH SCHOOL: GRADE 7-12: BREAKFAST

ALL STUDENTS EAT BREAKFAST AND LUNCH FOR FREE!

Office of Child Nutrition: 993-4000 #1003

MENU SUBJECT TO CHANGE WITHOUT NOTICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	**4**	**5 BUILD YOUR OWN**	**6**	**7**
Bagel w/toppings	Breakfast Pizza	Biscuit	Chocolate Chip Muffin	Frudel Pastry
Sliced Strawberries	Tropical Fruit Mix	Sausage & Cheese	Fresh Fruit	Sausage Links
100% Fruit Juice	100% Fruit Juice	Peaches	100% Fruit Juice	Mandarin Oranges
		100% Fruit Juice		100% Fruit Juice
10	**11**	**12 BUILD YOUR OWN**	**13**	**14**
Multi Grain Cereals	French Toast Sticks	Croissant	Mini Bagel Pack	SCHOOL CLOSED
Graham Crackers	Sausage Links	Bacon, Egg, Cheese	Fresh Fruit	For SPRING BREAK
Diced Pears	Applesauce	Pineapple Tidbits	100% Fruit Juice	
100% Fruit Juice	100% Fruit Juice	100% Fruit Juice		
17	**18**	**19**	**20**	**21**
SCHOOL CLOSED	SCHOOL CLOSED	SCHOOL CLOSED	SCHOOL CLOSED	SCHOOL CLOSED
For SPRING BREAK	For SPRING BREAK	For SPRING BREAK	For SPRING BREAK	For SPRING BREAK
24	**25**	**26 BUILD YOUR OWN**	**27**	**28**
Bagel w/toppings	Breakfast Burrito	Croissant	WG Funnel Cake	Breakfast Pizza
Diced Peaches	Or Pancake Stick	Egg & Sausage	Apple Slices	Fresh Fruit
100% Fruit Juice	Applesauce	Fruit Cocktail	100% Fruit Juice	100% Fruit Juice
	100% Fruit Juice	100% Fruit Juice		
Low Fat and	*Vegetable subgroups:*			
Fat Free Milk	*Red Orange (RO)*			
Served Daily	*Bean/Legume (BL)*			
	Dark Green (DG)			
	Starchy (S), Other (O)			

- ✓ Daily Breakfast Alternates: Bagel w/toppings, Yogurt w/Grain
- ✓ This institution and the USDA are equal opportunity providers