

~MARCH 2017~

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

ALL STUDENTS EAT BREAKFAST AND LUNCH FOR FREE!

**MONDAY**

**TUESDAY**

**WEDNESDAY**



**THURSDAY**

**FRIDAY**

Office of Child Nutrition: 993-4000 #1003

MENU SUBJECT TO CHANGE WITHOUT NOTICE

		1 BUILD YOUR OWN:		2		3			
Low Fat and		Croissant		Apple Cinnamon		Whole Grain Bagel			
Fat Free Milk		Sausage Patty		Muffin		w/toppings			
Served Daily		Egg Patty		Mandarin Oranges		Diced Peaches			
		Pineapple Tidbits		100% Fruit Juice		100% Fruit Juice			
		100% Fruit Juice							
6		7		8 BUILD YOUR OWN:		9		10	
Multi Grain Cereal		Pancake on a Stick		Honey Wheat Biscuit		Cherry or Apple		Mini Pancake Pack	
Graham Crackers		Diced Peaches		Bacon, Egg & Cheese		Frudel Pastry		Sausage Links	
Sliced Strawberries		100% Fruit Juice		Tropical Fruit Mix		Fresh Fruit		Apple Slices	
100% Fruit Juice				100% Fruit Juice		100% Fruit Juice		100% Fruit Juice	
13		14		15 BUILD YOUR OWN:		16		17	
Breakfast Pizza		French Toast Sticks		Croissant		Chocolate Chip		Mini Bagel Pack	
Sliced Strawberries		Mandarin Oranges		Sausage & Cheese		Muffin		Sausage Links	
100% Fruit Juice		100% Fruit Juice		Pineapple Tidbits		Fresh Fruit		Applesauce	
				100% Fruit Juice		100% Fruit Juice		100% Fruit Juice	
20		21		22 BUILD YOUR OWN:		23		24	
Whole Grain Bagel		Belgian Waffle Sticks		Honey Wheat Biscuit		Breakfast		Baked Funnel Cake	
w/toppings		Diced Pears		Egg & Cheese		Pizza		Tropical Fruit	
Fruit Cocktail		100% Fruit Juice		Diced Peaches		Fresh Fruit		100% Fruit Juice	
100% Fruit Juice				100% Fruit Juice		100% Fruit Juice			
27		28		29 BUILD YOUR OWN:		30		31	
Multi Grain Cereal		French Toast Sticks		Croissant		Apple Cinnamon or		Mini Bagel Pack	
Graham Crackers		Mandarin Oranges		Bacon, Egg & Cheese		Banana Muffin		Sausage Links	
Apple Slices		100% Fruit Juice		Pineapple Tidbits		Fresh Fruit		Sliced Strawberries	
100% Fruit Juice				100% Fruit Juice		100% Fruit Juice		100% Fruit Juice	

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