



# EGCSD BREAKFAST MENU PK-8



**March 2022**

Menu Subject to Change

Monday

Tuesday

Wednesday

Thursday

Friday

|          |   |   |  |  |  |
|----------|---|---|--|--|--|
| <b>B</b> |   | <b>1) Delicious Frudel</b><br>Cherry danish<br>100% Juice cup<br>Fresh fruit or Light fruit cup<br>Low Fat or Fat Free Milk           | <b>2) Whole grain Poptart</b><br>1 oz. cheese stick<br>100% Juice cup<br>Fresh Fruit or Light Fruit Cup<br>Low Fat or Fat Free Milk    | <b>3) Pillsbury mini waffles</b><br>Yummy goodness<br>100% Juice cup<br>Fresh Fruit or Light Fruit Cup<br>Low Fat or Fat Free Milk     | <b>4) Pillsbury pull apart bagel</b><br>Cream cheese filling<br>100% juice cup<br>Fresh Fruit or Light Fruit Cup<br>Low fat or fat free milk |
| <b>A</b> |   | <b>7) Assorted cereal bowls</b><br>1 oz. cheese stick<br>100% juice cup<br>Fresh fruit or light fruit cup<br>Low fat or fat free milk | <b>8) Whole grain muffin</b><br>1 oz cheese stick<br>100% Juice cup<br>Fresh Fruit or Light Fruit Cup<br>Low Fat or Fat Free Milk      | <b>9) Lender's bagel</b><br>1 oz cream cheese<br>100% juice cup<br>Fresh fruit or light fruit cup<br>Low fat or fat free milk          | <b>10) Delicious Frudel</b><br>Apple danish<br>100% Juice cup<br>Fresh fruit or Light fruit cup<br>Low Fat or Fat Free Milk                  |
| <b>B</b> | <b>14) Pillsbury pull apart bagel</b><br>Cream cheese filling<br>100% juice cup<br>Fresh Fruit or Light Fruit Cup<br>Low fat or fat free milk | <b>15) Cereal bar</b><br>1 oz. cheese stick<br>100% Juice cup<br>Fresh Fruit or Light Fruit Cup<br>Low Fat or Fat Free Milk           | <b>16) Assorted cereal bowls</b><br>1 oz. cheese stick<br>100% juice cup<br>Fresh fruit or light fruit cup<br>Low fat or fat free milk | <b>17) Lender's bagel</b><br>1 oz. cheese stick<br>100% juice cup<br>Fresh Fruit or Light Fruit Cup<br>Low Fat or Fat Free Milk        | <b>18) Whole grain muffin</b><br>1 oz. cheese stick<br>100% juice cup<br>Fresh Fruit or Light Fruit Cup<br>Low Fat or Fat Free Milk          |
| <b>A</b> | <b>21) Cereal bar</b><br>1 oz. cheese stick<br>100% Juice cup<br>Fresh Fruit or Light Fruit Cup<br>Low Fat or Fat Free Milk                   | <b>22) Lender's bagel</b><br>1 oz cream cheese<br>100% juice cup<br>Fresh fruit or light fruit cup<br>Low fat or fat free milk        | <b>23) Delicious Frudel</b><br>Apple danish<br>100% Juice cup<br>Fresh Fruit or Light Fruit Cup<br>Low Fat or Fat Free Milk            | <b>24) Assorted cereal bowls</b><br>1 oz. cheese stick<br>Fresh Fruit, fruit cup or juice<br>Low fat or fat free milk                  | <b>25) Whole grain Poptart</b><br>1 oz. cheese stick<br>Fresh Fruit, fruit cup or juice<br>Low Fat or Fat Free Milk                          |
| <b>B</b> | <b>28) Cereal Bar</b><br>1 oz. cheese stick<br>100% Juice cup<br>Fresh Fruit or Light Fruit Cup<br>Low Fat or Fat Free Milk                   | <b>29) Pillsbury mini waffles</b><br>Yummy goodness<br>100% Juice cup<br>Fresh Fruit or Light Fruit Cup<br>Low Fat or Fat Free Milk   | <b>30) Delicious Frudel</b><br>Apple danish<br>100% Juice cup<br>Fresh fruit or Light fruit cup<br>Low Fat or Fat Free Milk            | <b>31) Assorted cereal bowls</b><br>1 oz. cheese stick<br>100% juice cup<br>Fresh fruit or light fruit cup<br>Low fat or fat free milk |  |
|          |   |   |  | <b>Half Day K-5</b>  |  |
|          |   |   |  | <b>Half Day K-12</b>   |  |

Breakfast and Lunch Prices

At this time meals are free  
Sponsored by the USDA  
Breakfast Price - \$1.75 daily  
Lunch Price - \$3.00 daily  
Reduced Price Breakfast - Free  
Reduced Price Lunch - Free

All meals include fresh fruit, 100% juice, low fat or fat free milk

All meals meet the Whole grain requirement



All to go meals are packaged with heating and refrigeration instructions

*This institution is an equal opportunity provider and employer*