



March 2017

DANA BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>All meals are low sodium and all grains are whole grain!</i></p>	<p>OFFERED DAILY: 1% Lowfat Milk Nonfat Chocolate Milk Apple and Orange Juice Fresh Fruit</p> <p>Take at least 3 items 1 must be a fruit</p>	<p>1 FRENCH TOAST YOGURT PARFAIT* MUFFINS* POPTARTS*</p>	<p>2 MINIMUM DAY EGG & SAUSAGE MUFFIN CINNAMON TWINS* MINI BAGELS WITH STRAWBERRY CREAM CHEESE* ASSORTED CEREALS*</p>	<p>3 PANCAKE ON A STICK CONCHA* MUFFINS* POPTARTS*</p>
	<p>6 BREAKFAST BURRITO MUFFINS* POPTARTS*</p>	<p>7 BREAKFAST PIZZA BAGEL & CREAM CHEESE* ASSORTED CEREALS*</p>	<p>8 FRENCH TOAST YOGURT PARFAIT* MUFFINS* POPTARTS*</p>	<p>9 EGG & SAUSAGE MUFFIN COFFEE CAKE* BAGEL & CREAM CHEESE* ASSORTED CEREALS*</p>
<p>13 BREAKFAST BURRITO MUFFINS* POPTARTS*</p>	<p>14 BREAKFAST PIZZA MINI BAGELS WITH STRAWBERRY CREAM CHEESE* ASSORTED CEREALS*</p>	<p>15 FRENCH TOAST YOGURT PARFAIT* MUFFINS* POPTARTS*</p>	<p>16 EGG & SAUSAGE MUFFIN CINNAMON TWINS* MINI BAGELS WITH STRAWBERRY CREAM CHEESE* ASSORTED CEREALS*</p>	<p>17 MINIMUM DAY PANCAKE ON A STICK CONCHA* MUFFINS* POPTARTS*</p>
<p>20 HOLIDAY</p>	<p>21 BREAKFAST PIZZA BAGEL & CREAM CHEESE* ASSORTED CEREALS*</p>	<p>22 FRENCH TOAST YOGURT PARFAIT* MUFFINS* POPTARTS*</p>	<p>23 MINIMUM DAY EGG & SAUSAGE MUFFIN COFFEE CAKE* BAGEL & CREAM CHEESE* ASSORTED CEREALS*</p>	<p>24 PANCAKE ON A STICK CONCHA* MUFFINS* POPTARTS*</p>
<p>27 BREAKFAST BURRITO MUFFINS* POPTARTS*</p>	<p>28 BREAKFAST PIZZA MINI BAGELS WITH STRAWBERRY CREAM CHEESE* ASSORTED CEREALS*</p>	<p>29 FRENCH TOAST YOGURT PARFAIT* MUFFINS* POPTARTS*</p>	<p>30 EGG & SAUSAGE MUFFIN CINNAMON TWINS* MINI BAGELS WITH STRAWBERRY CREAM CHEESE* ASSORTED CEREALS*</p>	<p>31 PANCAKE ON STICK CONCHA* MUFFINS* POPTARTS*</p>

Harvest of the Month
Network for a Healthy California

