



March 2017

FIRST AVENUE 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:</p> <p>1% Lowfat Milk Nonfat Chocolate Milk Fresh Fruit & Veggies</p> <p>Take at least 3 items 1 must be a fruit or veggie</p>	<p>1</p> <p>EGG & SAUSAGE MUFFIN COFFEE CAKE* MUFFINS* POPTARTS*</p>	<p>2</p> <p>MINIMUM DAY</p> <p>BREAKFAST BOWL PANCAKE ON A STICK BAGEL & CREAM CHEESE* CEREALS*</p>	<p>3</p> <p>MINI FRENCH TOAST CONCHA* HONEY LEMON LOAF* MUFFINS* POPTARTS*</p>	
	<p>6</p> <p>BREAKFAST BURRITO CONCHA* HONEY LEMON LOAF* POPTARTS*</p>	<p>7</p> <p>YOGURT PARFAIT* COFFEE CAKE* BAGEL & CREAM CHEESE CEREALS*</p>	<p>8</p> <p>EGG & SAUSAGE MUFFIN COFFEE CAKE* MUFFINS* POPTARTS*</p>	<p>9</p> <p>BREAKFAST BOWL PANCAKE ON A STICK BAGEL & CREAM CHEESE* CEREALS*</p>	<p>10</p> <p>MINI FRENCH TOAST CONCHA* HONEY LEMON LOAF* MUFFINS* POPTARTS*</p>
	<p>13</p> <p>BREAKFAST BURRITO CONCHA* HONEY LEMON LOAF* POPTARTS*</p>	<p>14</p> <p>YOGURT PARFAIT* COFFEE CAKE* BAGEL & CREAM CHEESE CEREALS*</p>	<p>15</p> <p>EGG & SAUSAGE MUFFIN COFFEE CAKE* MUFFINS* POPTARTS*</p>	<p>16</p> <p>BREAKFAST BOWL PANCAKE ON A STICK BAGEL & CREAM CHEESE* CEREALS*</p>	<p>17</p> <p>MINIMUM DAY</p> <p>MINI FRENCH TOAST CONCHA* HONEY LEMON LOAF* MUFFINS* POPTARTS*</p>
	<p>20</p> <p>HOLIDAY</p>	<p>21</p> <p>YOGURT PARFAIT* COFFEE CAKE* BAGEL & CREAM CHEESE CEREALS*</p>	<p>22</p> <p>EGG & SAUSAGE MUFFIN COFFEE CAKE* MUFFINS* POPTARTS*</p>	<p>23</p> <p>MINIMUM DAY</p> <p>BREAKFAST BOWL PANCAKE ON A STICK BAGEL & CREAM CHEESE* CEREALS*</p>	<p>24</p> <p>MINI FRENCH TOAST CONCHA* HONEY LEMON LOAF* MUFFINS* POPTARTS*</p>
	<p>27</p> <p>BREAKFAST BURRITO CONCHA* HONEY LEMON LOAF* POPTARTS*</p>	<p>28</p> <p>YOGURT PARFAIT* COFFEE CAKE* BAGEL & CREAM CHEESE* CEREALS*</p>	<p>29</p> <p>EGG & SAUSAGE MUFFIN COFFEE CAKE* MUFFINS* POPTARTS*</p>	<p>30</p> <p>BREAKFAST BOWL PANCAKE ON STICK BAGEL & CREAM CHEESE* CEREALS*</p>	<p>31</p> <p>MINI FRENCH TOAST CONCHA* HONEY LEMON LOAF* MUFFINS* POPTARTS*</p>

Harvest
of the
Month

Network for a Healthy California

