



# March 2017

## FOOTHILLS BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>All meals are low sodium and all grains are whole grain!</i></p>	<p><b>OFFERED DAILY:</b> 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 STUFFED BREAKFAST SANDWICH COFFEE CAKE* MUFFINS* POPTARTS* CEREALS*</p>	<p>2 <b>MINIMUM DAY</b> EGG &amp; SAUSAGE MUFFIN YOGURT PARFAIT* BAGEL &amp; CREAM CHEESE* CONCHA* CEREALS*</p>	<p>3 FRENCH TOAST COFFEE CAKE* MUFFINS* POPTARTS* CEREALS*</p>
	<p>6 GORDITA COFFEE CAKE* MUFFINS* POPTARTS* CEREALS*</p>	<p>7 BREAKFAST PIZZA BAGEL &amp; CREAM CHEESE* CONCHA* YOGURT PARFAIT* CEREALS*</p>	<p>8 STUFFED BREAKFAST SANDWICH COFFEE CAKE* MUFFINS* POPTARTS* CEREALS*</p>	<p>9 EGG &amp; SAUSAGE MUFFIN YOGURT PARFAIT* BAGEL &amp; CREAM CHEESE* CONCHA* CEREALS*</p>
<p>13 GORDITA COFFEE CAKE* MUFFINS* POPTARTS* CEREALS*</p>	<p>14 BREAKFAST PIZZA BAGEL &amp; CREAM CHEESE* CONCHA* YOGURT PARFAIT* CEREALS*</p>	<p>15 STUFFED BREAKFAST SANDWICH COFFEE CAKE* MUFFINS* POPTARTS* CEREALS*</p>	<p>16 EGG &amp; SAUSAGE MUFFIN YOGURT PARFAIT* BAGEL &amp; CREAM CHEESE* CONCHA* CEREALS*</p>	<p>17 * MINIMUM DAY FRENCH TOAST COFFEE CAKE* MUFFINS* POPTARTS* CEREALS*</p>
<p>20 <b>HOLIDAY</b></p>	<p>21 BREAKFAST PIZZA BAGEL &amp; CREAM CHEESE* CONCHA* YOGURT PARFAIT* CEREALS*</p>	<p>22 STUFFED BREAKFAST SANDWICH COFFEE CAKE* MUFFINS* POPTARTS* CEREALS*</p>	<p>23 <b>MINIMUM DAY</b> EGG &amp; SAUSAGE MUFFIN YOGURT PARFAIT* BAGEL &amp; CREAM CHEESE* CONCHA* CEREALS*</p>	<p>24 FRENCH TOAST COFFEE CAKE* MUFFINS* POPTARTS* CEREALS*</p>
<p>27 GORDITA COFFEE CAKE* MUFFINS* POPTARTS* CEREALS*</p>	<p>28 BREAKFAST PIZZA BAGEL &amp; CREAM CHEESE* CONCHA* YOGURT PARFAIT* CEREALS*</p>	<p>29 STUFFED BREAKFAST SANDWICH COFFEE CAKE* MUFFINS* POPTARTS* CEREALS*</p>	<p>30 EGG &amp; SAUSAGE MUFFIN YOGURT PARFAIT* BAGEL &amp; CREAM CHEESE* CONCHA* CEREALS*</p>	<p>31 FRENCH TOAST COFFEE CAKE* MUFFINS* POPTARTS* CEREALS*</p>

**Harvest of the Month**  
Network for a Healthy California

