



March 2017

HIGHLAND OAKS BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>All meals are low sodium and all grains are whole grain!</i>	OFFERED DAILY: 1% Lowfat Milk Nonfat Chocolate Milk Apple and Orange Juice Fresh Fruit Take at least 3 items 1 must be a fruit	1 BREAKFAST BURRITO CHOCOLATE MUFFIN*	2 MINIMUM DAY YOGURT PARFAIT* BREAKFAST PIZZA	3 MINIMUM DAY CHOCOLATE MUFFIN* ASSORTED CEREALS*
6 PANCAKES & SAUSAGE ASSORTED CEREALS*	7 FRENCH TOAST STICKS MINI BAGELS*	8 BREAKFAST BURRITO CHOCOLATE MUFFIN*	9 YOGURT PARFAIT* BREAKFAST PIZZA	10 CHOCOLATE MUFFIN* ASSORTED CEREALS*
13 PANCAKES & SAUSAGE ASSORTED CEREALS*	14 FRENCH TOAST STICKS BAGEL WITH CREAM CHEESE*	15 BREAKFAST BURRITO CHOCOLATE MUFFIN*	16 YOGURT PARFAIT* BREAKFAST PIZZA	17 CHOCOLATE MUFFIN* ASSORTED CEREALS*
20 HOLIDAY	21 FRENCH TOAST STICKS MINI BAGELS*	22 BREAKFAST BURRITO CHOCOLATE MUFFIN*	23 MINIMUM DAY YOGURT PARFAIT* BREAKFAST PIZZA	24 CHOCOLATE MUFFIN* ASSORTED CEREALS*
27 PANCAKES & SAUSAGE ASSORTED CEREALS*	28 FRENCH TOAST STICKS BAGEL WITH CREAM CHEESE*	29 BREAKFAST BURRITO CHOCOLATE MUFFIN*	30 YOGURT PARFAIT* BREAKFAST PIZZA	31 CHOCOLATE MUFFIN* ASSORTED CEREALS*

Harvest
of the
Month
Network for a Healthy California

