



March 2017

LONGLEY WAY 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 BREAKFAST BURRITO CHOCOLATE MUFFIN*</p>	<p>2 MINIMUM DAY YOGURT PARFAIT* BREAKFAST PIZZA</p>	<p>3 MINIMUM DAY CHOCOLATE MUFFIN* ASSORTED CEREALS*</p>
<p>6 PANCAKES & SAUSAGE ASSORTED CEREALS*</p>	<p>7 FRENCH TOAST STICKS MINI BAGELS*</p>	<p>8 BREAKFAST BURRITO CHOCOLATE MUFFIN*</p>	<p>9 YOGURT PARFAIT* BREAKFAST PIZZA</p>	<p>10 CHOCOLATE MUFFIN* ASSORTED CEREALS*</p>
<p>13 PANCAKES & SAUSAGE ASSORTED CEREALS*</p>	<p>14 FRENCH TOAST STICKS BAGEL WITH CREAM CHEESE*</p>	<p>15 BREAKFAST BURRITO CHOCOLATE MUFFIN*</p>	<p>16 YOGURT PARFAIT* BREAKFAST PIZZA</p>	<p>17 CHOCOLATE MUFFIN* ASSORTED CEREALS*</p>
<p>20 HOLIDAY</p>	<p>21 FRENCH TOAST STICKS MINI BAGELS*</p>	<p>22 BREAKFAST BURRITO CHOCOLATE MUFFIN*</p>	<p>23 MINIMUM DAY YOGURT PARFAIT* BREAKFAST PIZZA</p>	<p>24 CHOCOLATE MUFFIN* ASSORTED CEREALS*</p>
<p>27 PANCAKES & SAUSAGE ASSORTED CEREALS*</p>	<p>28 FRENCH TOAST STICKS BAGEL WITH CREAM CHEESE*</p>	<p>29 BREAKFAST BURRITO CHOCOLATE MUFFIN*</p>	<p>30 YOGURT PARFAIT* BREAKFAST PIZZA</p>	<p>31 CHOCOLATE MUFFIN* ASSORTED CEREALS*</p>

Harvest of the Month
Network for a Healthy California

