



Cirrus Academy Charter School - Breakfast

MON

TUES

WED

THURS

FRI

Mar 2019

1

CENTER PLATE

Fresh Baked Blueberry Bread with Yogurt (1G,1M)

ON THE GO

Yogurt Parfait (1G,1M,1/4C F)

4

5

6

7

8

CENTER PLATE

WG Cereal with Graham Crackers (2G)

Cheesy Grits with Toast (1G,1M)

French Toast Sticks with Maple Syrup (2G)

Chicken Biscuit (1.5G,1M)

Biscuit with Gravy (2.25G)

ON THE GO

Fruit Smoothie with WG Animal Crackers

11

12

13

14

15

CENTER PLATE

WG Cereal with Graham Crackers (2G)

Egg and Cheese Biscuit (1G,1.5M)

Cinnamon Monkey Bread (2G)

Rise and Shine Wrap (1G,2M)

Top of the Muffin to Ya! (1G)

ON THE GO

Yogurt and WG Toast with Jelly (1G,1M)

18

19

20

21

22

CENTER PLATE

WG Cereal with Graham Crackers (2G)

Cinnamon Sugar Donut Holes (1G)

Scrambled Eggs with Pancakes (1G,2M)

Pancake Wrapped Turkey Sausage (1G,1M)

Fresh Baked Blueberry Bread with Yogurt (1G,1M)

ON THE GO

Yogurt Parfait (1G,1M,1/4C F)

25

26

27

28

29

Spring Break

HARVEST OF THE MONTH

Each Breakfast includes Choice of 1% or Fat Free Milk and a Choice of Two Different Fruits: Fresh Fruit, Fruit Cup or 100% Fruit Juice