# Northern Cambria High School
# March Breakfast Menu

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The Nutrition Group

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| NATIONAL SCHOOL BREAKFAST WEEK MARCH 6-10 | | 1<br>Pancakes & Sausage w/ Syrup<br>or<br>Assorted Whole Grain Cereal with Toast<br>Chilled Juice & Fruit<br>Low Fat Milk | 2 DR. SEUSS'S BIRTHDAY<br>Green Eggs & Ham<br>or<br>Assorted Whole Grain Cereal with Toast<br>Chilled Juice & Fruit<br>Low Fat Milk | 3<br>Breakfast Pizza<br>or<br>Assorted Whole Grain Cereal with Toast<br>Chilled Juice & Fruit<br>Low Fat Milk |
| 6<br>Breakfast Pizza<br>or<br>Assorted Whole Grain Cereal with Toast<br>Chilled Juice & Fruit<br>Low Fat Milk | 7<br>Ham Egg & Cheese On a Croissant<br>or<br>Assorted Whole Grain Cereal with Toast<br>Chilled Juice & Fruit<br>Low Fat Milk | 8<br>Pancakes & Sausage w/ Syrup<br>or<br>Assorted Whole Grain Cereal with Toast<br>Chilled Juice & Fruit<br>Low Fat Milk | 9<br>Ham Egg & Cheese On a Croissant<br>or<br>Assorted Whole Grain Cereal with Toast<br>Chilled Juice & Fruit<br>Low Fat Milk | 10<br>Breakfast Pizza<br>or<br>Assorted Whole Grain Cereal with Toast<br>Chilled Juice & Fruit<br>Low Fat Milk |
| 13<br>Breakfast Pizza<br>or<br>Assorted Whole Grain Cereal with Toast<br>Chilled Juice & Fruit<br>Low Fat Milk | 14<br>Sausage Egg & Cheese On a Croissant<br>or<br>Assorted Whole Grain Cereal with Toast<br>Chilled Juice & Fruit<br>Low Fat Milk | 15<br>Pancakes & Sausage w/ Syrup<br>or<br>Assorted Whole Grain Cereal with Toast<br>Chilled Juice & Fruit<br>Low Fat Milk | 16<br>Sausage Egg & Cheese On a Croissant<br>or<br>Assorted Whole Grain Cereal with Toast<br>Chilled Juice & Fruit<br>Low Fat Milk | 17<br>NO SCHOOL |
| 20<br>Breakfast Pizza<br>or<br>Assorted Whole Grain Cereal with Toast<br>Chilled Juice & Fruit<br>Low Fat Milk | 21<br>Ham Egg & Cheese On a Croissant<br>or<br>Assorted Whole Grain Cereal with Toast<br>Chilled Juice & Fruit<br>Low Fat Milk | 22<br>Pancakes & Sausage w/ Syrup<br>or<br>Assorted Whole Grain Cereal with Toast<br>Chilled Juice & Fruit<br>Low Fat Milk | 23<br>Ham Egg & Cheese On a Croissant<br>or<br>Assorted Whole Grain Cereal with Toast<br>Chilled Juice & Fruit<br>Low Fat Milk | 24<br>Breakfast Pizza<br>or<br>Assorted Whole Grain Cereal with Toast<br>Chilled Juice & Fruit<br>Low Fat Milk |
| 27<br>Breakfast Pizza<br>or<br>Assorted Whole Grain Cereal with Toast<br>Chilled Juice & Fruit<br>Low Fat Milk | 28<br>Sausage Egg & Cheese On a Croissant<br>or<br>Assorted Whole Grain Cereal with Toast<br>Chilled Juice & Fruit<br>Low Fat Milk | 29<br>Pancakes & Sausage w/ Syrup<br>or<br>Assorted Whole Grain Cereal with Toast<br>Chilled Juice & Fruit<br>Low Fat Milk | 30<br>Sausage Egg & Cheese On a Croissant<br>or<br>Assorted Whole Grain Cereal with Toast<br>Chilled Juice & Fruit<br>Low Fat Milk | 31<br>Breakfast Pizza<br>or<br>Assorted Whole Grain Cereal with Toast<br>Chilled Juice & Fruit<br>Low Fat Milk |

## What Makes a Breakfast Meal?

You must choose at least 3 of 4 components available for the school breakfast price.

Entrée, 1 Cup Fruit, and 1/2 Pint Milk

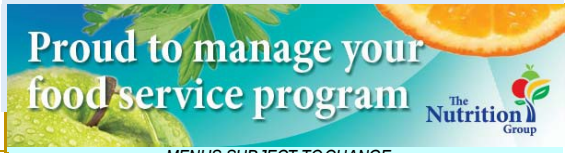
### Alternate Options May Include:

Banana or Blueberry Muffins Chocolate
Chip Oatmeal Breakfast Bar
Warm Grab & Go Breakfast Sandwiches
Fortified Breakfast Pastries
Warm Bagels
Yogurt & Toast

Variety of Fresh Fruit, 100% Fruit Juice and Canned Fruits available daily.

### Milk Choices Offered Daily

Fat Free Chocolate, Fat Free Strawberry,
Fat Free White and Low Fat White




*MENUS SUBJECT TO CHANGE*

Meal Prices:
Paid $1.35
Reduced $.30
Adult $2.10

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