

# Welcome to our Breakfast Cafe at...

Huntington Jack Abrams STEM

March 2019

Monday

Tuesday

Wednesday

Thursday

Friday

**FUEL YOUR DAY THE RIGHT WAY. EAT A HEALTHY BREAKFAST!**



1 Egg and Cheese Sandwich  
warm breakfast sandwich prepared in-house and topped with fluffy eggs and melted cheese ✓  
Applesauce  
Fresh Banana

4 Whole Grain French Toast Slices  
*whole grain slices of French toast baked to perfection* ✓  
Mixed Fruit  
Fresh Pear

5 Fluffy Whole Grain Waffles  
*warm whole grain waffles* ✓  
Fresh Apple  
Mixed Fruit

6 Fluffy Whole Grain Pancakes  
*warm whole grain pancakes* ✓  
Applesauce  
Fresh Orange

7 Whole Grain Chocolate Chip Muffin ✓  
Fresh Pear  
Mixed Fruit

8 Egg and Cheese Sandwich  
*warm breakfast sandwich prepared in-house and topped with fluffy eggs and melted cheese* ✓  
Fresh Grapes  
Diced Pear Cup

**Celebrate School Breakfast Week with Fun Activity Sheets and Stickers**

11 Whole Grain French Toast Slices  
*whole grain slices of French toast baked to perfection* ✓  
Applesauce  
Fresh Banana

12 Fluffy Whole Grain Waffles  
*warm whole grain waffles* ✓  
Fresh Apple  
Mixed Fruit

13 Fluffy Whole Grain Pancakes  
*warm whole grain pancakes* ✓  
Fresh Pear  
Diced Peaches

14 Plain Donut ✓  
Fresh Orange  
Applesauce

15 Egg and Cheese Sandwich  
*warm breakfast sandwich prepared in-house and topped with fluffy eggs and melted cheese* ✓  
Fresh Banana  
Diced Pear Cup

18 Whole Grain French Toast Slices  
*whole grain slices of French toast baked to perfection* ✓  
Applesauce  
Fresh Orange

19 Fluffy Whole Grain Waffles  
*warm whole grain waffles* ✓  
Mixed Fruit  
Fresh Apple

20 Fluffy Whole Grain Pancakes  
*warm whole grain pancakes* ✓  
Fresh Pear  
Diced Peaches

21 Whole Grain Chocolate Chip Muffin ✓  
Fresh Orange  
Diced Pear Cup

22 Egg and Cheese Sandwich  
*warm breakfast sandwich prepared in-house and topped with fluffy eggs and melted cheese* ✓  
Fresh Apple  
Diced Peaches

25 Whole Grain French Toast Slices  
*whole grain slices of French toast baked to perfection* ✓  
Fresh Orange  
Applesauce

26 Fluffy Whole Grain Waffles  
*warm whole grain waffles* ✓  
Fresh Apple  
Mixed Fruit

27 Fluffy Whole Grain Pancakes  
*warm whole grain pancakes* ✓  
Diced Pear Cup  
Fresh Orange

28 Plain Donut ✓  
Fresh Apple  
Diced Peaches

29 Egg and Cheese Sandwich ✓  
Fresh Banana  
Applesauce



Join us in celebrating National Nutrition Month® throughout March, as we focus on the importance of making informed food choices, developing sound eating, and physical activity habits.



**Breakfast Prices**

Regular: \$1.90

Reduced: .25

All breakfast items are served with choice of fat free or low fat milk, assorted 100% fruit juice, and fresh and cupped fruits  
Condiments

**Available Daily**

- Whole grain bagel w/ butter or low fat cream cheese
- Yogurt Parfait - Low Fat Vanilla Organic yogurt with Granola and Fruit
- 4oz Strawberry Banana yogurt with Granola
- Assorted Reduced Sugar Whole Grain Cereals served with String Cheese.
- Cinnamon Toast Crunch, Coco Puffs, Fruit Loops, Trix,, Cheerios.

If you have any questions or would like additional information regarding this menu please contact your food service director at 631-673-2018

VEGETARIAN MADE WITH NATURAL INGREDIENTS PORK MADE WITH ORGANIC INGREDIENTS

\*Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. Menu is subject to change, notice posted when available. This institution is an equal opportunity provider.