

All menu items are subject to change without notice.

MARCH 2023

BREAKFAST



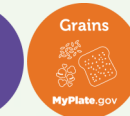
Offered With Every Meal Daily
100% Juice
Fruit
Milk

PRICES

STUDENT—\$1.35
REDUCED—\$0.30
ADULT—\$1.70
MILK—\$.60

FUEL UP AT BREAKFAST

CHOOSE AT LEAST 3 ITEMS (4 FOR MAXIMUM FUEL)
INCLUDING 1/2 CUP **FRUIT** AND/OR **VEGETABLE**



Monday	Tuesday	Wednesday	Thursday	Friday
		Waffle & Sausage 1 OR Cereal & Muffin	Breakfast Pizza 2 OR Cereal & Oatmeal Bar	Rainbow Parfait 3 OR Cereal & Muffin
Pancake Wrap 6 OR Cereal & Oatmeal Bar	Yogurt & Nutrigrain Bar 7 OR Cereal & Muffin	Pancake & Bacon 8 OR Cereal & Oatmeal Bar	Cheesy Eggs & Toast 9 OR Cereal & Muffin	Strawberry Cream 10 Cheese Mini Bagel OR Cereal & Oatmeal Bar
Long John 13 OR Cereal & Muffin	Biscuits & Gravy 14 OR Cereal & Oatmeal Bar	Waffle & Bacon 15 OR Cereal & Muffin	Strawberry Shortcake Parfait 16 OR Cereal & Oatmeal Bar	Frudel 17 OR Cereal & Muffin
Dutch Waffle 20 OR Cereal & Oatmeal Bar	Fruit & Yogurt Parfait 21 OR Cereal & Muffin	Pancake & Sausage 22 OR Cereal & Oatmeal Bar	Cheesy Omelet & Toast 23 OR Cereal & Muffin	Cinnamon Roll 24 OR Cereal & Oatmeal Bar
Pancake Wrap 27 OR Cereal & Oatmeal Bar	Yogurt & Nutrigrain Bar 28 OR Cereal & Muffin	Pancake & Bacon 29 OR Cereal & Oatmeal Bar	Cheesy Eggs & Toast 30 OR Cereal & Muffin	Strawberry Cream 31 Cheese Mini Bagel OR Cereal & Oatmeal Bar

For more information visit us at www.ecusd7.org If you have any questions or comments, please contact Food Service Shira Patterson (618) 655-6022 spatterson@ecusd7.org