

First things First

BREAKFAST @SCHOOL

Featuring Healthy Fruits & Grains!



For first-class learning!

Prince George's County Secondary Schools

BREAKFAST MENUS FOR MARCH 2015

USDA is an equal opportunity provider and employer.

Available Daily!

Daily Breakfast Offerings

Assorted General Mills Cereals w/Graham Crackers+
Seasonal Fresh Fruit & Fruit Cup
100% Fruit Juice

Milk: 1% Plain, Fat-Free Plain

Full student breakfast includes choice of one entree (grain or meat/meat alternate w/grain), up to two fruits and a choice of one milk.

*Fruit Parfait selection includes choice of one fruit only.

*Item Contains Pork

+Item is Meatless

Menus are subject to change.

Monday, March 2

Choose One:

Eggo Pancakes +
Southwestern Breakfast
Empanada +
Assorted Muffins +
Sausage Biscuit*

Choose Up to Two:

Fresh Apple, Orange Juice

Choose One:

Assorted Milk

Tuesday, March 3

Choose One:

Turkey Pancake Wrap on a Stick
Cinnamon French Toast Sticks +
Egg, Turkey Sausage &
Cheese Stuffer
Sausage Biscuit*

Choose Up to Two:

Mandarin Oranges
Grape Juice

Choose One:

Assorted Milk

Wednesday, March 4

Choose One:

Pillsbury Waffles +
Breakfast Wrap +
Turkey Bacon, Egg & Cheese
Pan Scramble
Sausage Biscuit*

Choose Up to Two:

Fresh Orange
Apple Juice

Choose One:

Assorted Milk

Thursday, March 5

Choose One:

Chicken Biscuit
Mexican Sweet Roll +
Strawberry & Yogurt Parfait
w/Graham Crackers +
Sausage Biscuit*

Choose Up to Two:

Fresh Pear
Orange Juice

Choose One:

Assorted Milk

Friday, March 6

Choose One:

Turkey Sausage Breakfast Pizza
Cinnamon Roll +
Old El Paso Fold n' Go
w/Turkey Chorizo
Sausage Biscuit*

Choose Up to Two:

Pineapple Tidbits
Assorted Juices

Choose One:

Assorted Milk

Join us for National School Breakfast Week ♦ March 2-6, 2015

TRY BREAKFAST@SCHOOL!

This month, we're celebrating National School Breakfast Week, March 2-6. If breakfast at home isn't practical for your family for whatever reason, this is a great time to give Breakfast@School a try!



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Monday, March 9

Choose One:

Eggo Pancakes +
Wild Berry Bread +
Beef Sausage Link on Bun
Sausage Biscuit*

Choose Up to Two:

Tropical Fruit Salad
Orange Juice

Choose One:

Assorted Milk

Tuesday, March 10

Choose One:

Assorted Muffins +
Southwestern Breakfast
Empanada +
Pillsbury Turkey Sausage
Sunrise Flatbread
Sausage Biscuit*

Choose Up to Two:

Fresh Apple
Grape Juice

Choose One:

Assorted Milk

Wednesday, March 11

Choose One:

Toast & Pork Sausage*
Egg & Cheese on Bun +
Yoplait Yogurt w/Graham
Crackers +
Sausage Biscuit*

Choose Up to Two:

Pineapple Tidbits
Apple Juice

Choose One:

Assorted Milk

Thursday, March 12

Choose One:

Warm Bagel w/Choice of
Spread +
Maple Pancake Wraps*
Ham, Egg & Cheese Tac-Go*
Sausage Biscuit*

Choose Up to Two:

Fresh Pear
Orange Juice

Choose One:

Assorted Milk

Friday, March 13

Choose One:

Turkey Bacon, Egg & Cheese
Pan Scramble
Apple Cinnamon Scone +
Cinnamon French Toast
Sticks +
Sausage Biscuit*

Choose Up to Two:

Applesauce
Assorted Juices

Choose One:

Assorted Milk

BREAKFAST@SCHOOL

helps keep kids healthy and gives them the energy they need to learn.

First things First -- New This Year!

For a Complete Breakfast select at least **ONE FRUIT** and **TWO** other food items.

BREAKFAST@SCHOOL
For first-class learning!

Monday, March 16

Choose One:
Warm Bagel w/Choice of Spread +
Turkey Pancake Wrap on a Stick
Assorted Muffins +
Sausage Biscuit*
Choose Up to Two:
Fresh Apple
Orange Juice
Choose One:
Assorted Milk

Tuesday, March 17

Choose One:
Egg, Turkey Sausage & Cheese Stuffer
Cinnamon Roll +
Breakfast Wrap +
Sausage Biscuit*
Choose Up to Two:
Mandarin Oranges
Grape Juice
Choose One:
Assorted Milk

Wednesday, March 18

Choose One:
Maple Pancake Wraps*
Peanut Butter Jamwich +
Turkey Bacon, Egg & Cheese Pan Scramble
Sausage Biscuit*
Choose Up to Two:
Fresh Orange
Apple Juice
Choose One:
Assorted Milk

Thursday, March 19

Choose One:
Pillsbury Waffles +
Banana Bread +
Turkey Sausage Breakfast Pizza
Sausage Biscuit*
Choose Up to Two:
Fresh Pear
Orange Juice
Choose One:
Assorted Milk

Friday, March 20

Choose One:
Yoplait Yogurt w/Graham Crackers +
Cinnamon Pancake Sandwich +
Chicken Biscuit
Sausage Biscuit*
Choose Up to Two:
Pineapple Tidbits
Assorted Juices
Choose One:
Assorted Milk



Join us March 25th for a huge apple crunching event that is happening all across the state to celebrate the successful School Breakfast Programs in Maryland! Will you Hear the Maryland Crunch to help end childhood hunger? Sign-up today at www.tinyurl.com/HearTheCrunch

Monday, March 23

Choose One:
Toast & Pork Sausage*
Turkey Sausage Breakfast Pizza
Pillsbury Waffles +
Sausage Biscuit*
Choose Up to Two:
Tropical Fruit Salad
Orange Juice
Choose One:
Assorted Milk

Tuesday, March 24

Choose One:
Apple Cinnamon Roll +
Strawberry & Yogurt Parfait w/Graham Crackers +¹
Turkey Bacon, Egg & Cheese Pan Scramble
Sausage Biscuit*
Choose Up to Two:
Pineapple Tidbits
Grape Juice
Choose One:
Assorted Milk

Wednesday, March 25

Choose One:
Warm Bagel w/Choice of Spread +
Cinnamon French Toast Sticks +
Beef Sausage Link on Bun
Sausage Biscuit*
Choose Up to Two:
Fresh Apple Slices
Orange Juice
"Hear the Maryland Crunch"
Choose One:
Assorted Milk

Thursday, March 26

Choose One:
Ham, Egg & Cheese Tac-Go*
Assorted Muffins +
Yoplait Yogurt w/Graham Crackers +
Sausage Biscuit*
Choose Up to Two:
Fresh Pear
Apple Juice
Choose One:
Assorted Milk

Friday, March 27

Choose One:
Pillsbury Turkey Sausage Sunrise Flatbread
Maple Pancake Wraps*
Cinnamon Roll +
Sausage Biscuit*
Choose Up to Two:
Applesauce
Assorted Juices
Choose One:
Assorted Milk

Monday, March 30

Choose One:
Cinnamon Roll +
Yoplait Yogurt w/Graham Crackers +
Egg & Cheese on Bun +
Sausage Biscuit*
Choose Up to Two:
Fresh Apple
Orange Juice
Choose One:
Assorted Milk

Tuesday, March 31

Choose One:
Southwestern Breakfast Empanada +
Egg, Turkey Sausage & Cheese Stuffer
Cinnamon Pancake Sandwich +
Sausage Biscuit*
Choose Up to Two:
Mandarin Oranges
Grape Juice
Choose One:
Assorted Milk