

<u>ALWAYS</u> Select 1/2 Cup of Fruit OR Serving

Alternatives Offered Daily Cereal Assortment

100% Fruit Juice

1% Low Fat Milk

Fate Free Chocolate milk

CONDIMENTS AVAILABLE Syrup

Ketchup

Jelly Assortment

March 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
Whole Grain Assorted Cereal	Assorted Whole Grain Muffins	Scramble Egg on Whole Grain Biscuit	Whole Grain Bagel With Cream Cheese	Whole Grain Maple Waffles
Graham Crackers	Strawberry Banana Yogurt		Mozzarella Cheese Stick	Turkey Sausage
Fresh Apples	Fresh Bananas	Sliced Peaches	Fresh Orange	Mixed Fruit Cup
9	10	าา	12	13
Whole Grain Assorted Cereal	Assorted Whole Grain Muffins	Scramble Egg on Whole Grain Croissant	Whole Grain Bagel With Cream Cheese	Whole Grain Maple Pancakes
Graham Crackers	Strawberry Banana Yogurt		Mozzarella Cheese Stick	Turkey Bacon
Fresh Apples	Fresh Bananas	Sliced Peaches	Fresh Orange	Mixed Fruit Cup
16	17	18	19	20
Whole Grain Assorted Cereal	Assorted Whole Grain Muffins	Scramble Egg on Whole Grain Biscuit	Whole Grain Bagel With Cream Cheese	Whole Grain Maple Waffles
Graham Crackers	Strawberry Banana Yogurt		Mozzarella Cheese Stick	Turkey Sausage
Fresh Apples	Fresh Bananas	Sliced Peaches	Fresh Orange	Mixed Fruit Cup
23	24	25	26	27
Whole Grain Assorted Cereal	Assorted Whole Grain Muffins	Scramble Egg on Whole Grain Croissant	Whole Grain Bagel With Cream Cheese	Whole Grain Maple Pancakes
Graham Crackers	Strawberry Banana Yogurt		Mozzarella Cheese Stick	Turkey Bacon
Fresh Apples	Fresh Bananas	Sliced Peaches	Fresh Orange	Mixed Fruit Cup
30	31			
Whole Grain Assorted Cereal	Assorted Whole Grain Muffins			
Graham Crackers	Strawberry Banana Yogurt			
Fresh Apples	Fresh Bananas			

Food Service Department

Foodservices@Hempsteadschools.org **MENU SUBJECT TO CHANGE**









