



## BREAKFAST

Breakfast price \$1.50, Milk \$ .50 a la carte

# MARCH 2020

Tapestry Charter School Grades 6-12

Hot Breakfast Choices Vary Daily From:

Whole Grain Bagels, Homemade Oatmeal, Breakfast Sandwiches, Whole Grain French Toast Sticks, Whole Grain Pancakes and Waffles, Fruit and Yogurt Parfaits

### Monday

Choice Of:

Hot Breakfast OR

2

Whole Grain Cereal

Nutrigrain or Granola Bars

Whole Grain Fruit Muffins

Choice Of:

Hot Breakfast OR

9

Whole Grain Cereal

Nutrigrain or Granola Bars

Whole Grain Fruit Muffins

Choice Of:

Hot Breakfast OR

16

Whole Grain Cereal

Nutrigrain or Granola Bars

Whole Grain Fruit Muffins

Choice Of:

Hot Breakfast OR

23

Whole Grain Cereal

Nutrigrain or Granola Bars

Whole Grain Fruit Muffins

Choice Of:

Hot Breakfast OR

30

Whole Grain Cereal

Nutrigrain or Granola bars

Whole Grain Fruit Muffins

### Tuesday

Choice Of:

Hot Breakfast OR

3

Whole Grain Cereal

Nutrigrain or Granola Bars

Whole Grain Fruit Muffins

Choice Of:

Hot Breakfast OR

10

Whole Grain Cereal

Nutrigrain or Granola Bars

Whole Grain Fruit Muffins

Choice Of:

Hot Breakfast OR

17

Whole Grain Cereal

Nutrigrain or Granola Bars

Whole Grain Fruit Muffins

Choice Of:

Hot Breakfast OR

24

Whole Grain Cereal

Nutrigrain or Granola Bars

Whole Grain Fruit Muffins

Choice Of:

Hot Breakfast OR

31

Whole Grain Cereal

Nutrigrain or Granola Bars

Whole Grain Fruit Muffins

### Wednesday

Choice Of:

Hot Breakfast OR

4

Whole Grain Cereal

Nutrigrain or Granola Bars

Whole Grain Fruit Muffins

Choice Of:

Hot Breakfast OR

11

Whole Grain Cereal

Nutrigrain or Granola Bars

Whole Grain Fruit Muffins

Choice Of:

Hot Breakfast OR

18

Whole Grain Cereal

Nutrigrain or Granola Bars

Whole Grain Fruit Muffins

Choice Of:

Hot Breakfast OR

25

Whole Grain Cereal

Nutrigrain or Granola Bars

Whole Grain Fruit Muffins

Choice Of:

Hot Breakfast OR

25

Whole Grain Cereal

Nutrigrain or Granola Bars

Whole Grain Fruit Muffins

### Thursday

Choice Of:

Hot Breakfast OR

5

Whole Grain Cereal

Nutrigrain or Granola Bars

Whole Grain Fruit Muffins

Choice Of:

Hot Breakfast OR

12

Whole Grain Cereal

Nutrigrain or Granola Bars

Whole Grain Fruit Muffins

Choice Of:

Hot Breakfast OR

19

Whole Grain Cereal

Nutrigrain or Granola Bars

Whole Grain Fruit Muffins

Choice Of:

Hot Breakfast OR

26

Whole Grain Cereal

Nutrigrain or Granola Bars

Whole Grain Fruit Muffins

Choice Of:

Hot Breakfast OR

26

Whole Grain Cereal

Nutrigrain or Granola Bars

Whole Grain Fruit Muffins

### Friday

Choice Of:

Hot Breakfast OR

6

Whole Grain Cereal

Nutrigrain or Granola Bars

Whole Grain Fruit Muffins

Choice Of:

Hot Breakfast OR

13

Whole Grain Cereal

Nutrigrain or Granola Bars

Whole Grain Fruit Muffins

Choice Of:

Hot Breakfast OR

20

Whole Grain Cereal

Nutrigrain or Granola Bars

Whole Grain Fruit Muffins

Choice Of:

Hot Breakfast OR

27

Whole Grain Cereal

Nutrigrain or Granola Bars

Whole Grain Fruit Muffins

In accordance with federal law and the U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability.

AVAILABLE EVERY DAY: FRESH OR CANNED FRUIT, LOW-FAT YOGURT CUPS, 100% FRUIT JUICE AND 1% LOW-FAT WHITE, SKIM OR CHOCOLATE MILK.