

# MARCH 2020

# Altamont High School - Breakfast

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

**CASIMIR  
PULASKI DAY  
No School**

2

Sausage Gravy  
Breakfast Pizza, WG  
Or Yogurt Parfait  
Cereal  
Fruit Cup  
Fruit Juice

3

Muffin & Yogurt  
Or Yogurt Parfait  
Cereal  
Fruit Cup  
Fruit Juice

4

Sausage Egg Cheese  
Hot Pocket, WG  
Or Yogurt Parfait  
Fruit Juice  
Cereal  
Fruit Cup

5

Cereal Bar, WG  
Or Yogurt Parfait  
Cereal  
Fruit Cup  
Fruit Juice

6

Dutch Waffle, WG  
Syrup—WG  
Or Yogurt Parfait  
Cereal  
Fruit Cup

9

Granola Bar, WG  
Or Yogurt Parfait  
Cereal  
Fruit Cup  
Fruit Juice

10

Sausage Egg  
Boat, WG  
Or Yogurt Parfait  
Cereal  
Fruit Cup  
Fruit Juice

11

Mini Pancakes  
– Maple  
Or Yogurt Parfait  
Cereal  
Fruit Cup  
Fruit Juice

12

Jumbo Waffles  
Syrup – SF  
or Yogurt Parfait  
Cereal  
Fruit Cup  
Fruit Juice

13

Bacon Scrambler  
Pizza, WG  
Or Yogurt Parfait  
Cereal  
Fruit Cup  
Fruit Juice

16

Mini Pancakes –  
Strawberry, WG  
Or Yogurt Parfait  
Cereal  
Fruit Cup  
Fruit Juice

17

Glazed Donut  
Hole, WG  
Or Yogurt Parfait  
Cereal  
Fruit Cup  
Fruit Juice

18

Sausage Biscuit  
Sandwich  
Or Yogurt Parfait  
Cereal  
Fruit Cup  
Fruit Juice

19

Nutri Grain Bar  
Or Yogurt Parfait  
Cereal  
Fruit Cup  
Fruit Juice

20

Cinnamon Bread, WG  
OR Yogurt Parfait  
Cereal  
Fruit Cup  
Fruit Juice

23

Mini Waffles  
– Berry, WG  
Or Yogurt Parfait  
Cereal  
Fruit Cup  
Fruit Juice

24

Sausage Egg Slider, WG  
Or Yogurt Parfait  
Cereal  
Fruit Cup  
Fruit Juice

25

Biscuit & Country Gravy  
Or Yogurt Parfait  
Cereal  
Fruit Cup  
Fruit Juice

26

Cereal Bar  
Or Yogurt Parfait  
Cereal  
Fruit Cup  
Fruit Juice

27

Chex Mix -  
Chocolate or Strawberry  
Or Yogurt Parfait  
Cereal  
Fruit Cup  
Fruit Juice

30

Sausage Pancake  
Wrap, WG  
Or Yogurt Parfait  
Cereal  
Fruit Cup  
Fruit Juice

31

**1 % White or Flavored  
Milk served at  
breakfast.  
Menus are subject to  
change.**

**THIS INSTITUTION  
IS AN EQUAL  
OPPORTUNITY  
PROVIDER**

