



**MARCH 2022
MIDDLE/HIGH SCHOOL
BREAKFAST MENU**

Janet L. Gaffney, MS RD LDN
Food Service Director



Monday	Tuesday	Wednesday	Thursday	Friday
LENT BEGINS MARCH 2ND MEATLESS MEALS SERVED ON FRIDAYS	100% Punch Juice Assorted Grahams Coco-Cherry Bar Milk	Berry Applesauce Cup Fruity Yogurt Pumpkin Bread Slice Milk	Blue Raz Juice Cherry Vanilla Yogurt Fruity Churro Milk	Breakfast Kits (Includes 2 Grains & 100% Juice) Milk
1	2	3	4	
Apple Juice Cherry Frudel Blueberry Muffin Top Milk	Punch Juice Apple Slices Cinnamon Roll Yogurt Milk	Grape Juice Fruity Muffin Hard Cooked Egg Milk	Citrus Blast Applesauce Cup– Peach or Cinnamon Bagel w/Cream Cheese Milk	Breakfast Kits (Includes 2 Grains & 100% Juice) Milk
7	8	9	10	11
Assorted Juice WG Poptart Cinnamon Graham Milk	Fresh Apple Fruity Yogurt Benefit Bar Milk	Orange Juice Cinni-Minis Mozzarella String Cheese Milk	Fresh Banana Quaker Granola Bar Gold Fish Grahams Milk	Breakfast Kits (Includes 2 Grains & 100% Juice) Milk
14	15	16	17	18
2 HOUR DELAY 100% Punch Juice Goody Ring Donuts Nutri Grain Bar Milk	NO SCHOOL	Apple Juice Team Cheerios Bar 2nd Grain Milk	Orange Juice Cornbread Mini Loaf Fruity Yogurt	Breakfast Kits (Includes 2 Grains & 100% Juice) Milk
21	22	23	24	25
Orange Juice Oatmeal Round Cook's Choice of 2nd Grain Milk	Peach Cup WG Cinnamon Roll String Cheese Milk	Apple Juice Lemon Bread Hard Cooked Egg Milk	Cranberry Juice Apple Turnover Nutri Grain Bar Milk	LOOKING FOR A LITTLE EXTRA CASH FLEXIBLE HOURS? Various part-time Food Service Opportunities available this school year. Complete application at www.ambridge.k12.pa.us Apply For All Clearances Act 34,151, 114 Email concerns:jgaffney@ambridge.k12.pa.us *AASD is an equal opportunity provider
28	29	30	31	