

Fresh, Healthy, Good Food
Every Day!

March 2017 K-12 Breakfast Menu



this institution is an equal opportunity employer and provider

Week 2	Monday, February 27, 2017	Tuesday, February 28, 2017	Wednesday, March 01, 2017	Thursday, March 02, 2017	Friday, March 03, 2017
	Apple Cinnamon Muffin (2 comp) Box of Raisins or Fruit (1 comp) 100% Real Fruit Juice Box (1 comp) Choice of Milk (1 comp)	Cereal Bar Grab Bag (3 comp) Box of Raisins or Fruit (1 comp) Choice of Milk (1 comp)	WG French Toast Snack Bread (1 comp) Box of Raisins or Fruit (1 comp) 100% Real Fruit Juice Box (1 comp) Choice of Milk (1 comp)	**Cereal Bowl Grab Bag (3 comp) Box of Raisins or Fruit (1 comp) Choice of Milk (1 comp)	WG Cinnamon Roll (2 comp) Box of Raisins or Fruit (1 comp) 100% Real Fruit Juice Box (1 comp) Choice of Milk (1 comp)
	* Chef's Choice w/Juice May Be Offered"	* Chef's Choice Daily May Be Offered*	* Chef's Choice Daily May Be Offered*	* Chef's Choice Daily May Be Offered*	* Chef's Choice Daily May Be Offered*
Week 3	Monday, March 06, 2017	Tuesday, March 07, 2017	Wednesday, March 08, 2017	Thursday, March 09, 2017	Friday, March 10, 2017
	Fred Breakfast Round (1.5 comp) Box of Raisins or Fruit (1 comp) 100% Real Fruit Juice Box (1 comp) Choice of Milk (1 comp)	Cereal Bar Grab Bag (3 comp) Box of Raisins or Fruit (1 comp) Choice of Milk (1 comp)	WG Apple Breakfast Bun (2 comp) Box of Raisins or Fruit (1 comp) 100% Real Fruit Juice Box (1 comp) Choice of Milk (1 comp)	**Cereal Bowl Grab Bag (3 comp) Box of Raisins or Fruit (1 comp) Choice of Milk (1 comp)	WG Stuffed Bagel (2 comp) Box of Raisins or Fruit (1 comp) 100% Real Fruit Juice Box (1 comp) Choice of Milk (1 comp)
	* Chef's Choice w/Juice May Be Offered"	* Chef's Choice Daily May Be Offered*	* Chef's Choice w/Juice May Be Offered"	* Chef's Choice Daily May Be Offered*	* Chef's Choice Daily May Be Offered*
Week 4	Monday, March 13, 2017	Tuesday, March 14, 2017	Wednesday, March 15, 2017	Thursday, March 16, 2017	Friday, March 17, 2017
	WG Unglazed Donut (2 comp) Box of Raisins or Fruit (1 comp) 100% Real Fruit Juice Box (1 comp) Choice of Milk (1 comp)	Cereal Bar Grab Bag (3 comp) Box of Raisins or Fruit (1 comp) Choice of Milk (1 comp)	WG Choc-Choc Chip Mini Muffin (1 comp) Box of Raisins or Fruit (1 comp) 100% Real Fruit Juice Box (1 comp) Choice of Milk (1 comp)	**Cereal Bowl Grab Bag (3 comp) Box of Raisins or Fruit (1 comp) Choice of Milk (1 comp)	WG Breakfast Bun (2 comp) Box of Raisins or Fruit (1 comp) 100% Real Fruit Juice Box (1 comp) Choice of Milk (1 comp)
	* Chef's Choice w/Juice May Be Offered"	* Chef's Choice Daily May Be Offered*	* Chef's Choice Daily May Be Offered*	* Chef's Choice Daily May Be Offered*	* Chef's Choice Daily May Be Offered*
Week 5	Monday, March 20, 2017	Tuesday, March 21, 2017	Wednesday, March 22, 2017	Thursday, March 23, 2017	Friday, March 24, 2017
	WG Cinnamon Roll (2 comp) Box of Raisins or Fruit (1 comp) 100% Real Fruit Juice Box (1 comp) Choice of Milk (1 comp)	Cereal Bar Grab Bag (3 comp) Box of Raisins or Fruit (1 comp) Choice of Milk (1 comp)	WG Lemon Poppyseed Muffin (1 comp) Box of Raisins or Fruit (1 comp) 100% Real Fruit Juice Box (1 comp) Choice of Milk (1 comp)	**Cereal Bowl Grab Bag (3 comp) Box of Raisins or Fruit (1 comp) Choice of Milk (1 comp)	WG Mini Chocolate Donut Pack (2 comp) Box of Raisins or Fruit (1 comp) 100% Real Fruit Juice Box (1 comp) Choice of Milk (1 comp)
	* Chef's Choice w/Juice May Be Offered"	* Chef's Choice Daily May Be Offered*	* Chef's Choice Daily May Be Offered*	* Chef's Choice Daily May Be Offered*	* Chef's Choice Daily May Be Offered*
Week 1	Monday, March 27, 2017	Tuesday, March 28, 2017	Wednesday, March 29, 2017	Thursday, March 30, 2017	Friday, March 31, 2017
	Choice Assorted Cereal (1 comp) Box of Raisins or Fruit (1 comp) 100% Real Fruit Juice Box (1 comp) Choice of Milk (1 comp)	Cereal Bar Grab Bag (3 comp) Box of Raisins or Fruit (1 comp) Choice of Milk (1 comp)	Large Breakfast Fred (2 comp) Box of Raisins or Fruit (1 comp) 100% Real Fruit Juice Box (1 comp) Choice of Milk (1 comp)	**Cereal Bowl Grab Bag (3 comp) Box of Raisins or Fruit (1 comp) Choice of Milk (1 comp)	WG Stuffed Bagel (2 comp) Box of Raisins or Fruit (1 comp) 100% Real Fruit Juice Box (1 comp) Choice of Milk (1 comp)
	* Chef's Choice w/Juice May Be Offered"	* Chef's Choice Daily May Be Offered*	* Chef's Choice Daily May Be Offered*	* Chef's Choice Daily May Be Offered*	* Chef's Choice Daily May Be Offered*

Menu is subject to infrequent change

Questions? Call 651-453-1136 or visit our website at www.ckcgoodfood.com

Skim Milk choices offered daily