

# plant power!

## March 2025

## Academy of Entrepreneurship Studies Middle @ L'Ouverture (6-8)

### Breakfast

### MONDAY

3

Breakfast

- Whole Grain French Toast Sticks
- Turkey Sausage Patty
- Whole Grain Blueberry Muffin
- WG Banana Muffin
- Whole Grain Apple Cinnamon Muffin
- WG Chocolate Chocolate Chip Muffin
- Low Fat Mozzarella String Cheese
- Blueberries

### TUESDAY

4

Breakfast

- Sausage, Cheese & Biscuit Sandwich
- Cinnamon Toast Crunch
- Reduced Sugar Trix
- Apple Cinnamon Cheerios
- Cheerios
- Corn Chex
- Frosted Corn Flakes
- Sliced Whole Grain Cinnamon Toast
- Cinnamon Diced Pears

### WEDNESDAY

5

Breakfast

- Whole Grain Waffles
- Blueberry Topping
- Frosted Cinnamon Pop-Tart
- Frosted Strawberry Pop-Tart
- Low Fat Mozzarella String Cheese
- Fresh Red Delicious Apple

### THURSDAY

6

Breakfast

- Iced Cinnamon Roll
- Whole Grain Blueberry Muffin
- WG Banana Muffin
- Whole Grain Apple Cinnamon Muffin
- WG Chocolate Chocolate Chip Muffin
- Sliced Whole Grain Cinnamon Toast
- Cinnamon Diced Pears

### FRIDAY

7



No School

10

Breakfast

- Apple Frudl
- Whole Grain Blueberry Muffin
- WG Banana Muffin
- Whole Grain Apple Cinnamon Muffin
- WG Chocolate Chocolate Chip Muffin
- Low Fat Mozzarella String Cheese
- Honeydew Cubes

11

Breakfast

- Chicken Tenders
- Whole Grain Waffle
- Baked Apple Slices
- Cinnamon Toast Crunch
- Reduced Sugar Trix
- Apple Cinnamon Cheerios
- Cheerios
- Corn Chex
- Frosted Corn Flakes
- Sliced Whole Grain Cinnamon Toast
- Pineapple Tidbits

12

Breakfast

- Breakfast Banana Split
- Frosted Strawberry Pop-Tart
- Frosted Cinnamon Pop-Tart
- Low Fat Mozzarella String Cheese
- Fresh Orange

13

Breakfast

- Strawberry Cream Cheese Stuffed Bagel
- Cinnamon Toast Crunch Cereal Bar
- Cocoa Puffs Cereal Bar
- Trix Cereal Bar
- Sliced Whole Grain Cinnamon Toast
- Pineapple Tidbits

14



No School

17



No School

18



No School

19



No School

20



No School

21



No School

24

Breakfast

- Honey Butter Chicken Biscuit
- Whole Grain Blueberry Muffin
- WG Banana Muffin
- Whole Grain Apple Cinnamon Muffin
- WG Chocolate Chocolate Chip Muffin
- Low Fat Mozzarella String Cheese
- Fresh Orange Wedges

25

Breakfast

- Whole Grain Pancake Donut bites with Strawberries
- Cinnamon Toast Crunch
- Reduced Sugar Trix
- Apple Cinnamon Cheerios
- Cheerios
- Corn Chex
- Frosted Corn Flakes
- Honey Graham Crackers
- Fresh Red Seedless Grapes

26

Breakfast

- Turkey Ham, Egg & Cheese Burrito
- Frosted Strawberry Pop-Tart
- Frosted Cinnamon Pop-Tart
- Low Fat Mozzarella String Cheese
- Fresh Granny Smith Apple

27

Breakfast

- Breakfast Turkey Sausage Pizza
- Cinnamon Toast Crunch Cereal Bar
- Cocoa Puffs Cereal Bar
- Trix Cereal Bar
- Honey Graham Crackers
- Fresh Red Seedless Grapes

28

Breakfast

- Fresh Baked Whole Grain Biscuit
- Old Fashioned Gravy
- Banana Pineapple Smoothie
- Honey Graham Crackers
- Fresh Granny Smith Apple

31

Breakfast

- Whole Grain French Toast Sticks
- Turkey Sausage Patty
- Whole Grain Blueberry Muffin
- WG Banana Muffin
- Whole Grain Apple Cinnamon Muffin
- WG Chocolate Chocolate Chip Muffin
- Low Fat Mozzarella String Cheese
- Blueberries

3/3-3/6 National School Breakfast Week

If you have a food allergy, please notify us. Ask your cafeteria manager if changes were made to today's menu so we can help keep you safe!

Adult Meal Prices Adult Breakfast: \$2.84, Adult Lunch: \$5.29

Menus Subject to Change We try our best to serve our menus as posted; however, sometimes last minute changes occur. Please check with the cafe manager prior to the meal if you have any concerns.

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