Amite County High School

March 2023 Breakfast Menu

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| Monday | Tuesday | Wednesday | Thursday | Friday |
|  |  | Mar - 1  Breakfast Bread  OR  Cereal  Fish Shape Crackers  Yogurt  Fruit Juice  Fresh Fruit  Milk | Mar - 2  Sausage and Biscuit  Jelly  OR  Cereal  Strawberry Yogurt Mix  Fruit Juice  Fresh Fruit  Milk | Mar - 3  Cinnamon Rolls  OR  Cereal  Cereal bar  Fruit Juice  Fresh Fruit  Milk |
| Mar - 6  French Toast Sticks  Pancake Syrup  OR  Cereal  Cereal bar  Fruit Juice  Fresh Fruit  Milk | Mar - 7  Sausage and Biscuit  Jelly  OR  Cereal  Fruit Juice  Fresh Fruit  Milk | Mar - 8  Breakfast Bread  OR  Cereal  Fruit Juice  Fresh Fruit  Milk | Mar - 9  Sausage and Biscuit  Jelly  OR  Cereal  Fruit Juice  Fresh Fruit  Milk | Mar - 10  Pancakes / Syrup  OR  Cereal  Cereal bar  Fruit Juice  Fresh Fruit  Milk |
| Mar – 13 School Holiday Mar – 14 School Holiday Mar – 15 School Holiday Mar – 16 School Holiday Mar – 17 School Holiday  Spring Break | | | | |
| Mar - 20  Bagel w/ Sausage & Gravy  OR  Cereal  Cereal bar  Fruit Juice  Fresh Fruit  Milk | Mar - 21  Sausage and Biscuit  Jelly  OR  Cereal  Fruit Juice  Fresh Fruit  Milk | Mar - 22  Donuts  OR  Cereal  Fish Shape Crackers Yogurt  Fruit Juice  Fresh Fruit  Milk | Mar - 23  Sausage and Biscuit  Jelly  OR  Cereal  Strawberry Yogurt Mix  Fruit Juice  Fresh Fruit  Milk | Mar - 24  Apple Frudel  OR  Cereal  Cereal bar  Fruit Juice  Fresh Fruit  Milk |
| Mar - 27  Breakfast pastry  OR  Cereal  Cereal bar  Fruit Juice  Fresh Fruit  Milk | Mar - 28  Sausage and Biscuit  Jelly  OR  Cereal  Blueberry Cookie Bites  Fruit Juice  Fresh Fruit  Milk | Mar - 29  Breakfast Bread  OR  Cereal  Fish Shape Crackers  Yogurt  Fruit Juice  Fresh Fruit  Milk | Mar - 30  Sausage and Biscuit  Jelly  OR  Cereal  Strawberry Yogurt Mix  Fruit Juice  Fresh Fruit  Milk | Mar - 31  Cinnamon Rolls  OR  Cereal  Cereal bar  Fruit Juice  Fresh Fruit  Milk |

\*Milk served daily: fat-free chocolate and low-fat white milk\*

\*\*Menu subject to change due to unforeseen circumstance \*\*

\*\*\*This institution is an Equal Opportunity Provider \*\*\*

For Breakfast we will offer a serving of Grain, Fruit, Fruit Juice, Milk, and meat/meat alternative.

Each participating student may pick up all items offered, they must pick up Fruit or Fruit Juice and 2 other items