

Early College High School @ Delaware State *dream BIG dreams* University

Spring 2018 Breakfast Menu- Two week cycle

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4	5
7	8 Turkey Sausage, Egg, and Cheese Yogurt WG Pop Tart Milk Juice Fruit Cereal	9 Cheese Omelet WG Pancake WG Pop Tart Milk Juice Fruit Cereal	10 Cereal Yogurt WG Rice Krispy Treat WG Pop Tart Juice Milk Fruit	11 Turkey Sausage, Egg, and Cheese Yogurt WG Pop Tart Milk Juice Fruit	12 Cheese Omelet WG Pancake WG Pop Tart Milk Juice Fruit
14	15 Cheese Omelet WG Pancake WG Pop Tart Milk Juice Fruit	16 Turkey Sausage, Egg, and Cheese Yogurt WG Pop Tart Milk Juice Fruit	17 Cereal Yogurt w WG Rice Krispy Treat WG Pop Tart Juice Milk Fruit	18 Cheese Omelet WG Pancake WG Pop Tart Milk Juice Fruit	19 Turkey Sausage, Egg, and Cheese Yogurt WG Pop Tart Milk Juice Fruit

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4	5
7	8 Chicken & Cheese Casserole with dinner roll Fish Sticks Spinach pineapple Milk juice	9 Quesadilla Roasted Turkey Sweet potatoes Brown Rice Pears Milk juice	10 Spaghetti/meat sauce Chicken salad Tossed salad Green beans peaches Milk juice	11 Chicken patty Sloppy Joe Sweet Potato Fries Corn Apple sauce Milk juice	12 Buffalo pizza Cheese pizza Pb and j Peas Mixed fruit
14	15 Chicken Parmesan Turkey Hot Dog Spinach Mixed fruit Milk juice	16 Chicken Teriyaki Pizza Stick with Marinara Broccoli Peaches Milk juice	17 Cheese burger Buffalo chicken Green beans French fries Pears Milk juice	18 BBQ Chicken Drumstick Fish sticks Mashed potatoes Peas Pineapple Milk juice	19 Bacon Cheeseburger Sweet n sour chicken Mixed veggies Mixed fruit Milk juice