



Him by Her March Breakfast Menu

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
		1	Mini Waffles w/ Syrup (2 gr), (1C) Variety of Fruit (8 fl oz) Assorted Milk	2	WG Chicken Biscuit (2gr) (1C) Variety of Fruit (8 fl oz) Assorted Milk	3	Yogurt Parfait (1M, 1G, 1/2 C Fruit) (1/2 C) 100% Juice (8 fl oz) Assorted Milk	4	Choice of Cereal (1 gr), (1C) Variety of Fruit (8 fl oz) Assorted Milk
7	Breakfast Pizza (1C) Variety of Fruit (8 fl oz) Assorted Milk	8	WG Maple Pancakes, (2gr) (1C) Variety of Fruit (8 fl oz) Assorted Milk	9	Turkey Sausage Biscuit (2gr) (1C) Variety of Fruit (8 fl oz) Assorted Milk	10	Egg and Cheese Biscuit (2gr) (1C) Variety of Fruit (8 fl oz) Assorted Milk	11	Choice of Cereal (1 gr), (1C) Variety of Fruit (8 fl oz) Assorted Milk
14	Oatmeal plus graham cracker (2G) (1C) Variety of Fruit (8 fl oz) Assorted Milk	15	Mini Waffles w/ Syrup (2 gr), (1C) Variety of Fruit (8 fl oz) Assorted Milk	16	WG Chicken Biscuit (2gr) (1C) Variety of Fruit (8 fl oz) Assorted Milk	17	Yogurt Parfait (1M, 1G, 1/2 C Fruit) (1/2 C) 100% Juice (8 fl oz) Assorted Milk	18	Choice of Cereal (1 gr), (1C) Variety of Fruit (8 fl oz) Assorted Milk
21	Breakfast Pizza (1C) Variety of Fruit (8 fl oz) Assorted Milk	22	WG Maple Pancakes, (2gr) (1C) Variety of Fruit (8 fl oz) Assorted Milk	23	Turkey Sausage Biscuit (2gr) (1C) Variety of Fruit Assorted Milk (8oz)	24	Egg and Cheese Biscuit (2gr) (1C) Variety of Fruit (8 fl oz) Assorted Milk	25	Choice of Cereal (1 gr), (1C) Variety of Fruit (8 fl oz) Assorted Milk
28	Spring Break	29	Spring Break	30	Spring Break	31	Spring Break	April 1	Spring Break

All grains served at Breakfast are Whole Grain. All breakfasts at Him By Her Collegiate School for the Arts are served with a variety of fresh fruit, canned fruit, and / or fruit juice daily, as well as flavored fat free milk and unflavored 1% milk.