

**Fresh, Healthy, Good Food
Every Day!**



This institution is an equal opportunity provider

March 2019 Prairie Seeds Academy K-12 Bagged Breakfast - Hot and Cold - Menu					
Week 2	Monday, February 25, 2019	Tuesday, February 26, 2019	Wednesday, February 27, 2019	Thursday, February 28, 2019	Friday, March 1, 2019
Three Components meet USDA Requirements (One component must be fruit)					Pancakes & Strawberries Margarine & Syrup 100% Fruit Juice Box (1 comp) Must offer 2 Types 8 oz Milk (1 comp) Must Offer Second Fruit (1 comp) (Check Options)
					or Chef's Choice
Week 3	Monday, March 4, 2019	Tuesday, March 5, 2019	Wednesday, March 6, 2019	Thursday, March 7, 2019	Friday, March 8, 2019
Three Components meet USDA Requirements (One component must be fruit)	4oz Assorted Breakfast Bread (2 comp) 100% Fruit Juice Box (1 comp) Must offer 2 Types 8 oz Milk (1 comp) Must Offer Second Fruit (1 comp) (Check Options)	BYO Breakfast Burrito (2 comp) WG Tortilla, Cheesy Eggs, Potatoes & Cholula 100% Fruit Juice Box (1 comp) Must offer 2 Types 8 oz Milk (1 comp) Must Offer Second Fruit (1 comp) (Check Options)	Pillsbury Cherry Strudel Frudel (2 comp) 100% Fruit Juice Box (1 comp) Must offer 2 Types 8 oz Milk (1 comp) Must Offer Second Fruit (1 comp) (Check Options)	Turkey Sausage Bagel Sand (2 comp) Turkey Sausage & Cheese Slice 100% Fruit Juice Box (1 comp) Must offer 2 Types 8 oz Milk (1 comp) Must Offer Second Fruit (1 comp) (Check Options)	Apple Jacks Cereal (1 comp) 100% Fruit Juice Box (1 comp) Must offer 2 Types 8 oz Milk (1 comp) Must Offer Second Fruit (1 comp) (Check Options)
	or Chef's Choice	or Chef's Choice	or Chef's Choice	or Chef's Choice	or Chef's Choice
Week 4	Monday, March 11, 2019	Tuesday, March 12, 2019	Wednesday, March 13, 2019	Thursday, March 14, 2019	Friday, March 15, 2019
Three Components meet USDA Requirements (One component must be fruit)	Bakecrafters WG Honey Bun (2 comp) 100% Fruit Juice Box (1 comp) Must offer 2 Types 8 oz Milk (1 comp) Must Offer Second Fruit (1 comp) (Check Options)	Breakfast Pizza (2 comp) 100% Fruit Juice Box (1 comp) Must offer 2 Types 8 oz Milk (1 comp) Must Offer Second Fruit (1 comp) (Check Options)	Frosted Mini Wheats Cereal (1 comp) 100% Fruit Juice Box (1 comp) Must offer 2 Types 8 oz Milk (1 comp) Must Offer Second Fruit (1 comp) (Check Options)	Cinnamon Roll (2 comp) 100% Fruit Juice Box (1 comp) Must offer 2 Types 8 oz Milk (1 comp) Must Offer Second Fruit (1 comp) (Check Options)	Pancakes, Margarine & Syrup (2 comp) 100% Fruit Juice Box (1 comp) Must offer 2 Types 8 oz Milk (1 comp) Must Offer Second Fruit (1 comp) (Check Options)
	or Chef's Choice	or Chef's Choice	or Chef's Choice	or Chef's Choice	or Chef's Choice
Week 5	Monday, March 18, 2019	Tuesday, March 19, 2019	Wednesday, March 20, 2019	Thursday, March 21, 2019	Friday, March 22, 2019
Three Components meet USDA Requirements (One component must be fruit)	Betty Crocker Choc Chip Oatmeal Bar (1 comp) Cheese Stick (1 comp) 100% Fruit Juice Box (1 comp) Must offer 2 Types 8 oz Milk (1 comp) Must Offer Second Fruit (1 comp) (Check Options)	Multigrain Cheerios (1 comp) 100% Fruit Juice Box (1 comp) Must offer 2 Types 8 oz Milk (1 comp) Must Offer Second Fruit (1 comp) (Check Options)	BYO Breakfast Burrito (2 comp) WG Tortilla, Cheesy Eggs, Potatoes & Cholula 100% Fruit Juice Box (1 comp) Must offer 2 Types 8 oz Milk (1 comp) Must Offer Second Fruit (1 comp) (Check Options)	Lemon Poppy Seed Breakfast Loaf (1 comp) Cheese Stick (1 comp) 100% Fruit Juice (1 comp) Must offer 2 Types 8 oz Milk (1 comp) Must Offer Second Fruit (1 comp) (Check Options)	Turkey Sausage Pancake Wrap (2 comp) w/Syrup 100% Fruit Juice (1 comp) Must offer 2 Types 8 oz Milk (1 comp) Must Offer Second Fruit (1 comp) (Check Options)
	or Chef's Choice	or Chef's Choice	or Chef's Choice	or Chef's Choice	or Chef's Choice
Week 6	Monday, March 25, 2019	Tuesday, March 26, 2019	Wednesday, March 27, 2019	Thursday, March 28, 2019	Friday, March 29, 2019
Three Components meet USDA Requirements (One component must be fruit)	Bakecrafters WG Honey Bun (2 comp) 100% Fruit Juice Box (1 comp) Must offer 2 Types 8 oz Milk (1 comp) Must Offer Second Fruit (1 comp) (Check Options)	4 oz Assorted Breakfast Bread (2 comp) 100% Fruit Juice Box (1 comp) Must offer 2 Types 8 oz Milk (1 comp) Must Offer Second Fruit (1 comp) (Check Options)	Breakfast Pizza (2 comp) 100% Fruit Juice Box (1 comp) Must offer 2 Types 8 oz Milk (1 comp) Must Offer Second Fruit (1 comp) (Check Options)	Golden Grahams Cereal (1 comp) 100% Fruit Juice Box (1 comp) Must offer 2 Types 8 oz Milk (1 comp) Must Offer Second Fruit (1 comp) (Check Options)	Pancakes & Blueberries Margarine & Syrup 100% Fruit Juice Box (1 comp) Must offer 2 Types 8 oz Milk (1 comp) Must Offer Second Fruit (1 comp) (Check Options)
	or Chef's Choice	or Chef's Choice	or Chef's Choice	or Chef's Choice	or Chef's Choice

Menu is subject to infrequent changes

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

Skim & 1% milk choices offered daily