



# February Breakfast

## Eagle Point Middle School

**Breakfast Price**

Adult: \$2.65  
Student: \$1.30

**EVERY DAY CHOICES:**

WHOLE GRAIN HOT AND COLD CEREALS WITH TOAST  
BREAKFAST SANDWICHES  
ASSORTED MUFFINS & BAGELS  
TATER TOTS AND FRESH VEGGIES  
FRESH AND CANNED FRUIT  
SKIM OR 1% WHITE MILK

|  |  |  |  |  |
|--|--|--|--|--|
|  |  | <p><small>Sodexo's menu app with nutrition and allergen information</small></p>  | <p><b>February's Fresh Pick is Beans/Legumes!</b></p>  | <p><b>*V = Vegetarian Items!</b></p>   |
| <p>3<br/>Breakfast Sausage Pizza</p> <hr/> <p>Ham &amp; Cheese English Muffin</p>  | <p>4<br/><b>Power Up!</b><br/>Cheesy Ham &amp; Egg w/ Tater Tots Breakfast Bowl</p> <hr/> <p>Sausage &amp; Cheese Biscuit Sandwich</p> | <p>5<br/><b>BYO</b> Waffles Top w/ Warm Fruit Compote, PB &amp;/or Whipped Topping *V</p> <hr/> <p>Ham &amp; Cheese English Muffin</p>       | <p>6<br/>Cheesy Scrambled Eggs &amp; Toast</p> <hr/> <p>Sausage &amp; Cheese Biscuit Sandwich</p>    | <p>7<br/>Freshly Baked &amp; Glazed Cinnamon Roll *V</p> <hr/> <p>Ham &amp; Cheese English Muffin</p>  |
| <p>10<br/>Breakfast Sausage Pizza</p> <hr/> <p>Ham &amp; Cheese English Muffin</p> | <p>11<br/>Berry Patch Overnight Oats *V</p> <hr/> <p>Sausage &amp; Cheese Biscuit Sandwich</p>   | <p>12<br/><b>BYO</b> Pancakes Top w/ Warm Fruit Compote, PB &amp;/or Whipped Topping *V</p> <hr/> <p>Ham &amp; Cheese English Muffin</p>     | <p>13<br/>Sausage &amp; Egg Breakfast Burrito</p> <hr/> <p>Sausage &amp; Cheese Biscuit Sandwich</p> | <p>14<br/>Freshly Baked &amp; Glazed Cinnamon Roll *V</p> <hr/> <p>Ham &amp; Cheese English Muffin</p> |
| <p>17<br/><b>Presidents' Day</b></p>   | <p>18<br/>Apple or Cherry Strudel Sticks *V</p> <hr/> <p>Sausage &amp; Cheese Biscuit Sandwich</p>                                     | <p>19<br/><b>BYO</b> French Toast Top w/ Warm Fruit Compote, PB &amp;/or Whipped Topping *V</p> <hr/> <p>Ham &amp; Cheese English Muffin</p> | <p>20<br/>Ham &amp; Egg <b>Crunch Wrap</b></p> <hr/> <p>Sausage &amp; Cheese Biscuit Sandwich</p>    | <p>21<br/>Freshly Baked &amp; Glazed Cinnamon Roll *V</p> <hr/> <p>Ham &amp; Cheese English Muffin</p> |
| <p>24<br/>Breakfast Sausage Pizza</p> <hr/> <p>Ham &amp; Cheese English Muffin</p> | <p>25<br/>Sausage &amp; Egg Breakfast Burrito</p> <hr/> <p>Sausage &amp; Cheese Biscuit Sandwich</p>                                   | <p>26<br/><b>BYO</b> Waffles Top w/ Warm Fruit Compote, PB &amp;/or Whipped Topping *V</p> <hr/> <p>Ham &amp; Cheese English Muffin</p>      | <p>27<br/>Veggie &amp; Cheese Frittata *V</p> <hr/> <p>Sausage &amp; Cheese Biscuit Sandwich</p>     | <p>28<br/>Freshly Baked &amp; Glazed Cinnamon Roll *V</p> <hr/> <p>Ham &amp; Cheese English Muffin</p> |

# BREAKFAST

## Mini egg frittata with asparagus, mushrooms, leeks and parmesan cheese

PREP TIME: 5 TO 8 MINUTES|COOK TIME: 18 TO 20 MINUTES|YIELD: 6 SERVINGS

### INGREDIENTS

- 1 tablespoon olive oil
- 1 medium leek, white part only, chopped (2 cups)
- 1 bunch asparagus (1 pound), sliced on the bias into ½-inch pieces (2 cups)
- 6 medium white button mushrooms, sliced (4 ounces)
- 7 large eggs or 1 ¾ cup low cholesterol egg products
- ¼ cup 1% low-fat milk
- ¼ cup grated Parmesan cheese
- ½ teaspoon salt
- 1/8 teaspoon freshly ground black pepper



### INSTRUCTIONS

- Preheat the oven to 375 degrees Fahrenheit. Spray a muffin pan with cooking spray.
- Heat the oil in a medium skillet over a medium heat. Add the leek, asparagus and mushrooms and cook, stirring occasionally, until the vegetables have softened, about 6 minutes. Allow to cool slightly.
- Meanwhile, in a medium bowl, whisk the eggs and milk together. Stir in the Parmesan cheese, the cooked vegetables, salt and pepper.
- Distribute the mixture evenly into the muffin pan. Bake until set in the center, 18-20 minutes.
- Serve 2 warm or room temperature frittatas.

*Nutrition Facts: Calories: 100, Carbs: 7g, Protein: 10g Fat: 4g, Sat. fat: 1g, Cholesterol: <5mg, Sodium: 370mg, Fiber: 2g*