



February Breakfast

White Mountain Middle School

Breakfast Price

Adult: \$2.65
Student: \$0.00

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