





MARCH Breakfast

Eagle Point High School

Breakfast Price
 Adult: \$2.65
 Student: \$1.65
 MILK \$.65

EVERY DAY CHOICES:
 WHOLE GRAIN HOT AND COLD CEREALS WITH TOAST
 BREAKFAST SANDWICHES
 ASSORTED MUFFINS & BAGELS
 FRUIT & YOGURT PARFAITS
 TATER TOTS, FRUITS AND VEGGIES

				<p>*V = Vegetarian Items!</p>
<p>2 Breakfast on a Stick</p> <hr/> <p>Ham & Cheese English Muffin</p>	<p>3 Cinnamon-Oat Ultimate Breakfast Round *V</p> <hr/> <p>Sausage & Cheese Biscuit</p>	<p>4 BYO French Toast Bar w/ Choice of Fruit Compote, Syrup, & Whipped Topping *V</p> <hr/> <p>Ham & Cheese English Muffin</p>	<p>5 Ham & Egg Crunch Wrap</p> <hr/> <p>Egg & Cheese Biscuit *V</p>	<p>6 Cinnamon Roll *V</p> <hr/> <p>Ham & Cheese English Muffin</p>
<p>9 Breakfast Pizza</p> <hr/> <p>Ham & Cheese English Muffin</p>	<p>10 Sausage & Egg Breakfast Burrito</p> <hr/> <p>Sausage & Cheese Biscuit</p>	<p>11 BYO Pancake Bar w/ Choice of Fruit Compote, Syrup, & Whipped Topping *V</p> <hr/> <p>Ham & Cheese English Muffin</p>	<p>12 Mini Maple Waffles w/ Warm Fruit Compote *V</p> <hr/> <p>Egg & Cheese Biscuit *V</p>	<p>13 Cinnamon Roll *V</p> <hr/> <p>Ham & Cheese English Muffin</p>
<p>16 Breakfast on a Stick</p> <hr/> <p>Ham & Cheese English Muffin</p>	<p>17 Pizza Bagel</p> <hr/> <p>Sausage & Cheese Biscuit</p>	<p>18 BYO Waffle Bar w/ Choice of Fruit Compote, Syrup, & Whipped Topping *V</p> <hr/> <p>Ham & Cheese English Muffin</p>	<p>19 PARENT – TEACHER CONFERENCES</p>	<p>20 PARENT – TEACHER CONFERENCES</p>
<p>23 No Service</p>	<p>24 No Service</p>	<p>25 No Service</p>	<p>26 No Service</p>	<p>27 No Service</p>
<p>30 Biscuit & Country Gravy</p> <hr/> <p>Ham & Cheese English Muffin</p>	<p>31 Pancake Bites w/ Cinnamon Sugar *V</p> <hr/> <p>Sausage & Cheese Biscuit</p>	<p>1 BYO French Toast Bar w/ Choice of Fruit Compote, Syrup, & Whipped Topping *V</p> <hr/> <p>Ham & Cheese English Muffin</p>	<p>2 Veggie & Cheese Frittata *V</p> <hr/> <p>Egg & Cheese Biscuit *V</p>	<p>3 Cinnamon Roll *V</p> <hr/> <p>Ham & Cheese English Muffin</p>

#BREAKFAST

Blueberry & Almond Creamy Overnight Oats

PREP TIME: 2 TO 24 HOURS | COOK TIME: 0 MINUTES

INGREDIENTS

- 1/3 cup old-fashioned oats
- 1/3 cup unsweetened almond milk
- 1/4 teaspoon maple syrup
- 1 teaspoon chia seeds
- 3 Tablespoons nonfat plain yogurt
- 1 Tablespoon all-natural creamy almond butter
- 2 teaspoons wild blueberry preserves
- 2 Tablespoons fresh blueberries
- 3 slices banana



INSTRUCTIONS

- Add all ingredients in a bowl, except the fresh blueberries and banana. Mix until well combined.
- Place into a mason jar or other similar container. Cover with lid, and place in the refrigerator for 2 hours to overnight.
- .When ready to eat, top creamy oats with 2 Tablespoons fresh blueberries and 3 slices banana. Enjoy!

Nutrition Facts: Calories: 310, Carbs: 41 g, Protein: 11 g Fat: 13 g, Sat. fat: 1.5 g, Cholesterol: 0 mg, Sodium: 125 mg, Fiber: 7 g