



# MARCH Breakfast

## Eagle Point Middle Schools

**Breakfast Price**

Adult: \$2.65  
Student: \$1.30

**EVERY DAY CHOICES:**

WHOLE GRAIN HOT AND COLD CEREALS WITH TOAST  
EGG & CHEESE ENGLISH MUFFINS  
**NEW!!** – ASSORED MUFFINS & BAGELS  
TATER TOTS  
FRESH AND CANNED FRUIT  
SKIM OR 1% WHITE MILK



\*V = Vegetarian Items!

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

## #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*