



MARCH Breakfast

Central Medford High School

Breakfast Price

Adult: \$2.65
Student: Free!

EVERY DAY CHOICES:

WHOLE GRAIN HOT AND COLD CEREALS WITH TOAST
BAGEL W/ CREAM CHEESE
TATER TOTS AND FRESH VEGGIES
VARIETY OF FRUIT
SKIM OR 1% WHITE MILK

 <p>A variety of entry-level employment opportunities are available with your friendly School Nutrition team. http://sodexo.balancetrak.com/201927743</p>	 <p>Thank you to our local farmers! Try a local apple, or pear on the salad bar for breakfast!</p>	 <p>So Happy <small>Sodexo's menu app with nutrition and allergen information!</small></p>	<p>March's Fresh Pick is Leafy Greens!</p> 	<p>*V = Vegetarian Items!</p>
<p>2 Waffles w/ Warm Fruit Compote *V</p>	<p>3 Sausage & Cheese Biscuit</p>	<p>4 BYO French Toast Bar w/ Choice of Fruit Compote, Syrup, & Toppings *V</p>	<p>5 Ham & Egg Crunch Wrap</p>	<p>6 Cinnamon Rolls *V</p>
<p>9 Ham & Cheese English Muffin</p>	<p>10 Sausage & Egg Breakfast Burrito</p>	<p>11 BYO Pancake Bar w/ Choice of Fruit Compote, Syrup, & Toppings *V</p>	<p>12 Mini Maple Waffles w/ Warm Fruit Compote *V</p>	<p>13 Cinnamon Rolls *V</p>
<p>16 French Toast Sticks w/ Syrup *V</p>	<p>17 Pizza Bagel</p>	<p>18 Ham & Cheese or Egg & Cheese English Muffin Sandwiches</p>	<p>19 Ham & Egg Breakfast Bowl w/ Tots</p>	<p>20 No Service</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 Sausage Breakfast Pizza</p>	<p>31 Pancake Bites w/ Cinnamon Sugar *V</p>	<p>1 BYO Waffle Bar w/ Choice of Fruit Compote, Syrup, & Toppings *V</p>	<p>2 Veggie & Cheese Frittata *V </p>	<p>3 Cinnamon Rolls (WGR) *V</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