

# TASTE<sup>4</sup>

by *sodexo*\*

## MARCH Breakfast

### Medford High Schools

**Breakfast Price**

Adult: \$2.65  
Student: \$1.30

**EVERY DAY CHOICES:**

WHOLE GRAIN HOT AND COLD CEREALS WITH TOAST

EGG & CHEESE ENGLISH MUFFINS \*V

**NEW!!** – ASSORTED MUFFINS & BAGELS

FRUIT & YOGURT PARFAITS \*V 

TATER TOTS AND FRESH VEGGIES

 <p>A variety of entry-level employment opportunities are available with your friendly School Nutrition team. <a href="http://sodexo.balancetrak.com/201927743">http://sodexo.balancetrak.com/201927743</a></p>	 <p>Thank you to our local farmers!</p> <p>Try a local apple, or pear on the salad bar for breakfast!</p>	 <p><i>Sodexo's menu app with nutrition and allergen information!</i></p>	<p>February's Fresh Pick is Leafy Greens!</p> 	<p>*V = Vegetarian Items!</p>
<p>2 Waffles w/ Warm Fruit Compote *V</p> <hr/> <p>Ham &amp; Cheese English Muffin</p>	<p>3 Cinnamon-Oat Ultimate Breakfast Round *V</p> <hr/> <p>Sausage &amp; Cheese Biscuit</p>	<p>4 BYO French Toast Bar w/ Choice of Fruit Compote, Syrup, &amp; Toppings *V</p> <hr/> <p>Ham &amp; Cheese English Muffin</p>	<p>5 Ham &amp; Egg Crunch Wrap</p> <hr/> <p>Egg &amp; Cheese Biscuit *V</p>	<p>6 Cinnamon Rolls *V</p> <hr/> <p>Ham &amp; Cheese English Muffin</p>
<p>9 Pancake on a Stick w/ Sausage</p> <hr/> <p>Ham &amp; Cheese English Muffin</p>	<p>10 Sausage &amp; Egg Breakfast Burrito</p> <hr/> <p>Sausage &amp; Cheese Biscuit</p>	<p>11 BYO Pancake Bar w/ Choice of Fruit Compote, Syrup, &amp; Toppings *V</p> <hr/> <p>Ham &amp; Cheese English Muffin</p>	<p>12 Mini Maple Waffles w/ Warm Fruit Compote *V</p> <hr/> <p>Egg &amp; Cheese Biscuit *V</p>	<p>13 Cinnamon Rolls *V</p> <hr/> <p>Ham &amp; Cheese English Muffin</p>
<p>16 French Toast Sticks w/ Syrup *V</p> <hr/> <p>Ham &amp; Cheese English Muffin</p>	<p>17 Pizza Bagel</p> <hr/> <p>Sausage &amp; Cheese Biscuit</p>	<p>18 BYO Omelet Bar w/ Choice of Assorted Toppings </p> <hr/> <p>Ham &amp; Cheese English Muffin</p>	<p>19 Ham &amp; Egg Breakfast Bowl w/ Tots</p> <hr/> <p>Egg &amp; Cheese Biscuit *V</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> <hr/> <p>Ham &amp; Cheese English Muffin</p>	<p>31 Pancake Bites w/ Cinnamon Sugar *V</p> <hr/> <p>Sausage &amp; Cheese Biscuit</p>	<p>1 BYO Waffle Bar w/ Choice of Fruit Compote, Syrup, &amp; Toppings *V</p> <hr/> <p>Ham &amp; Cheese English Muffin</p>	<p>2 Veggie &amp; Cheese Frittata *V </p> <hr/> <p>Egg &amp; Cheese Biscuit *V</p>	<p>3 Cinnamon Rolls (WGR) *V</p> <hr/> <p>Ham &amp; 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*