



Independence Charter School Breakfast, March 2023



		Wed 01	Thu 02	Fri 03
No Menu Available	No Menu Available	Whole Grain French Toast Slices ✓ 100% Apple Juice Fresh Apple	Apple Cinnamon Muffin ✓ Non Fat Greek Berry Yogurt Fresh Banana	Oatmeal ✓ 🍌 Fresh Apple
Mon 06	Tue 07	Wed 08	Thu 09	Fri 10
Whole Grain French Toast Slices ✓ Sliced Peaches 100% Orange Juice	Whole Grain Pancakes with Sausage Crispy Potato Puffs	Whole Grain Bagel with Cream Cheese ✓ Fresh Apple	Fluffy Whole Grain Waffles ✓ Fresh Banana 100% Orange Juice	No Menu Available
Mon 13	Tue 14	Wed 15	Thu 16	Fri 17
No Menu Available	Soft Filled Cinnamon Toast Crunch Bar ✓ 100% Apple Juice Pineapple	WG Banana Muffin ✓ Strawberry & Banana Yogurt Cup Fresh Apple	Sausage, Egg and Cheese Sandwich Fresh Pear 100% Fruit Punch Juice	Apple Strudel ✓ 100% Apple Juice
Mon 20	Tue 21	Wed 22	Thu 23	Fri 24
Whole Grain Pancakes with Sausage Crispy Potato Puffs Fresh Apple	Bacon, Egg and Cheese Wrap Crispy Potato Puffs 100% Apple Grape Juice	Plain Mini Bagel ✓ Fresh Orange 100% Apple Juice Cream Cheese	Egg and Cheese Sandwich ✓ Fresh Apple	Apple Cinnamon Muffin ✓ Non Fat Greek Berry Yogurt Fresh Banana 100% Orange Juice
Mon 27	Tue 28	Wed 29	Thu 30	Fri 31
Cinnamon French Toast ✓ Fresh Apple	Bacon, Egg and Cheese Breakfast Sandwich Fresh Banana 100% Orange Juice	Homemade Apple Cinnamon Oatmeal ✓ 🍌 100% Apple Juice Fresh Apple	Fluffy Whole Grain Waffles ✓ Fresh Apple 100% Orange Juice	No Menu Available

* Consuming raw or under cooked meat, poultry, seafood, shellsh or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. Menu is subjected to change, notice posted when available. This institution is an equal opportunity provider.