

Cayuga I.S.D. Breakfast Menu

MAR

MENU 2023


GEAR UP FOR
CHOIR



ANNOUNCEMENTS:

Menu Subject to Change!

An assorted choice of cereal w/Whole Wheat Toast, ½ Cup 100 % Fruit Juice, ½ Cup Fruit (Assortment), and A Variety of 1% and Fat Free Milk will be served daily.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|----------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| | | 1 ST Waffles or Cereal w/ Whole Wheat Toast ½ Cup 100% Fruit Juice ½ Cup Fruit (Assortment) Milk Variety | 2 ND Sausage Biscuit or Cereal w/ Whole Wheat Toast ½ Cup 100% Fruit Juice ½ Cup Fruit (Assortment) Milk Variety | 3 RD Skillet Frittata (Egg, Cheese, & Turkey Sausage) w/Whole Wheat Toast or Cereal w/ Whole Wheat Toast ½ Cup 100% Fruit Juice ½ Cup Fruit (Assortment) Milk Variety |
| 6 TH Mini Pancakes or Cereal w/ Whole Wheat Toast ½ Cup 100% Fruit Juice ½ Cup Fruit (Assortment) Milk Variety | 7 TH Sausage Gravy Breakfast Square or Cereal w/ Whole Wheat Toast ½ Cup 100% Fruit Juice ½ Cup Fruit (Assortment) Milk Variety | 8 TH Breakfast Combo Bar W/Whole Wheat Toast or Cereal w/ Whole Wheat Toast ½ Cup 100% Fruit Juice ½ Cup Fruit (Assortment) Milk Variety | 9 TH Cheese Toast (Pre-K) or *Cinnamon Roll w/Turkey Sausage Links or Cereal w/ Whole Wheat Toast ½ Cup 100% Fruit Juice ½ Cup Fruit (Assortment) Milk Variety | 10 TH Chicken Biscuit or Cereal w/ Whole Wheat Toast ½ Cup 100% Fruit Juice ½ Cup Fruit (Assortment) Milk Variety |
| 13 TH School Holiday | 14 TH School Holiday | 15 TH  | 16 TH School Holiday | 17 TH School Holiday |
| 20 TH French Toast or Cereal w/ Whole Wheat Toast ½ Cup 100% Fruit Juice ½ Cup Fruit (Assortment) Milk Variety | 21 ST Breakfast Wrap (Egg, Cheese and Sausage) or Cereal w/ Whole Wheat Toast ½ Cup 100% Fruit Juice ½ Cup Fruit (Assortment) Milk Variety | 22 ND Scrambled Eggs Bacon W/Whole Wheat Toast or Cereal w/ Whole Wheat Toast ½ Cup 100% Fruit Juice ½ Cup Fruit (Assortment) Milk Variety | 23 RD Sausage Biscuit or Cereal w/ Whole Wheat Toast ½ Cup 100% Fruit Juice ½ Cup Fruit (Assortment) Milk Variety | 24 TH Sunrise Sandwich (Croissant, Cheese, Turkey Ham, & Egg) or Cereal w/ Whole Wheat Toast ½ Cup 100% Fruit Juice ½ Cup Fruit (Assortment) Milk Variety |
| 27 TH Mini Pancakes or Cereal w/ Whole Wheat Toast ½ Cup 100% Fruit Juice ½ Cup Fruit (Assortment) Milk Variety | 28 TH Uncrustable (PB&J) or Cereal w/ Whole Wheat Toast ½ Cup 100% Fruit Juice ½ Cup Fruit (Assortment) Milk Variety | 29 TH Early Bird Sandwich (Waffle, Sausage, & Egg) or Cereal w/ Whole Wheat Toast ½ Cup 100% Fruit Juice ½ Cup Fruit (Assortment) Milk Variety | 30 TH Cheese Toast (Pre-K) or *Cinnamon Roll w/Turkey Sausage Links or Cereal w/ Whole Wheat Toast ½ Cup 100% Fruit Juice ½ Cup Fruit (Assortment) Milk Variety | 31 ST Breakfast Combo Bar W/Whole Wheat Toast or Cereal w/ Whole Wheat Toast ½ Cup 100% Fruit Juice ½ Cup Fruit (Assortment) Milk Variety |



Food and Nutrition Division
National School Lunch Program



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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