

# plant power!

## March 2025

Beaumont Technical Center  
Breakfast

### MONDAY

3

#### Breakfast

- Whole Grain French Toast Sticks
- Turkey Sausage Patty
- Whole Grain Blueberry Muffin
- WG Banana Muffin
- Whole Grain Apple Cinnamon Muffin
- WG Chocolate Chocolate Chip Muffin
- Strawberry Banana Smoothie
- Low Fat Mozzarella String Cheese

### TUESDAY

4

#### Breakfast

- Sausage, Cheese & Biscuit Sandwich
- Cinnamon Toast Crunch
- Reduced Sugar Trix
- Apple Cinnamon Cheerios
- Cheerios
- Corn Chex
- Frosted Corn Flakes
- Crunchy Very Berry Parfait
- Sliced Whole Grain Cinnamon Toast

### WEDNESDAY

5

#### Breakfast

- Whole Grain Waffles
- Frosted Cinnamon Pop-Tart
- Frosted Strawberry Pop-Tart
- Sunberry Smoothie
- Low Fat Mozzarella String Cheese

### THURSDAY

6

#### Breakfast

- Iced Cinnamon Roll
- Turkey Sausage Patty
- Trix Cereal Bar
- Cocoa Puffs Cereal Bar
- Apple Cinnamon Nutrigrain Bar
- Crunchy Very Berry Parfait
- Sliced Whole Grain Cinnamon Toast

### FRIDAY

7



No School

10

#### Breakfast

- Apple Frudel
- Whole Grain Blueberry Muffin
- WG Banana Muffin
- Whole Grain Apple Cinnamon Muffin
- WG Chocolate Chocolate Chip Muffin
- Banana Apricot Smoothie
- Low Fat Mozzarella String Cheese

11

#### Breakfast

- Chicken Tenders
- Whole Grain Waffles
- Cinnamon Toast Crunch
- Reduced Sugar Trix
- Apple Cinnamon Cheerios
- Cheerios
- Corn Chex
- Frosted Corn Flakes
- Blueberry Parfait with Granola
- Sliced Whole Grain Cinnamon Toast

12

#### Breakfast

- Breakfast Banana Split
- Frosted Cinnamon Pop-Tart
- Frosted Strawberry Pop-Tart
- Peachy Strawberry Smoothie
- Low Fat Mozzarella String Cheese

13

#### Breakfast

- Strawberry Cream Cheese Stuffed Bagel
- Trix Cereal Bar
- Cocoa Puffs Cereal Bar
- Apple Cinnamon Nutrigrain Bar
- Blueberry Parfait with Granola
- Sliced Whole Grain Cinnamon Toast

14



No School

17



No School

18



No School

19



No School

20



No School

21



No School

24

#### Breakfast

- Honey Butter Chicken Biscuit
- Whole Grain Blueberry Muffin
- WG Banana Muffin
- Whole Grain Apple Cinnamon Muffin
- WG Chocolate Chocolate Chip Muffin
- Banana Apricot Smoothie
- Low Fat Mozzarella String Cheese

25

#### Breakfast

- Whole Grain Pancake Donut bites with Strawberries
- Cinnamon Toast Crunch
- Reduced Sugar Trix
- Apple Cinnamon Cheerios
- Cheerios
- Corn Chex
- Frosted Corn Flakes
- Blueberry Parfait with Granola
- Honey Graham Crackers

26

#### Breakfast

- Turkey Ham, Egg & Cheese Burrito
- Frosted Cinnamon Pop-Tart
- Frosted Strawberry Pop-Tart
- Peachy Strawberry Smoothie
- Low Fat Mozzarella String Cheese

27

#### Breakfast

- Mini Cinnamon Waffles
- Trix Cereal Bar
- Cocoa Puffs Cereal Bar
- Apple Cinnamon Nutrigrain Bar
- Blueberry Parfait with Granola
- Honey Graham Crackers

28

#### Breakfast

- Cherry Frudel
- Whole Grain Blueberry Muffin
- WG Banana Muffin
- Whole Grain Apple Cinnamon Muffin
- WG Chocolate Chocolate Chip Muffin
- Strawberry Banana Smoothie
- Low Fat Mozzarella String Cheese

31

#### Breakfast

- Whole Grain French Toast Sticks
- Turkey Sausage Patty
- Whole Grain Blueberry Muffin
- WG Banana Muffin
- Whole Grain Apple Cinnamon Muffin
- WG Chocolate Chocolate Chip Muffin
- Strawberry Banana Smoothie
- Low Fat Mozzarella String Cheese

3/3-3/6 National School Breakfast Week

If you have a food allergy, please notify us. Ask your cafeteria manager if changes were made to today's menu so we can help keep you safe!

Adult Meal Prices Adult Breakfast: \$2.84, Adult Lunch: \$5.29

Menus Subject to Change We try our best to serve our menus as posted; however, sometimes last minute changes occur. Please check with the cafe manager prior to the meal if you have any concerns.

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