

# March 2023 School Breakfast Menu

SGUSD WE RESERVE  
THE RIGHT TO  
SUBSTITUTE ANY  
ITEMS  
ALL MEALS MEET  
THE WHOLE GRAIN  
REQUIREMENT  
THIS INSTITUTION IS  
AN EQUAL  
OPPORTUNITY

Monday

Tuesday

Wednesday

Thursday

Friday



**National Nutrition  
Month  
March 6-10, 2023**

1

Mini Pancakes  
or  
Cereal & Mini Pastry  
Kivri  
100% Fruit Juice  
Milk

2

W.G. Concha Bread  
or  
Cereal & Mini Pastry  
Tangerine  
100% Fruit Juice  
Milk

3

Croissant  
w/ Turkey, Egg & Chesse  
or  
Cereal & Mini Pastry  
Apple Slices  
100% Fruit Juice  
Milk

6

Chocolate Chip Muffin  
or  
Cereal & Mini Pastry  
Apple  
100% Fruit Juice  
Milk

7

Pancake w/ Sausage  
On a Stick  
or  
Cereal & Mini Pastry  
Orange  
100% Fruit Juice  
Milk

8

Oatmeal Bun  
or  
Cereal & Mini Pastry  
Kivri  
100% Fruit Juice  
Milk

9

Waffles  
or  
Cereal & Mini Pastry  
Apple Slices  
100% Fruit Juice  
Milk

10

Pancakes  
or  
Cereal & Mini Pastry  
Orange  
100% Fruit Juice  
Milk

13

Croissant  
w/ Turkey, Egg & Chesse  
or  
Cereal & Mini Pastry  
Apple  
100% Fruit Juice  
Milk

14

Honey Wheat  
Breakfast Bar  
or  
Cereal & Mini Pastry  
Apple Slices  
100% Fruit Juice  
Milk

15

Chocolate Chip Muffin  
or  
Cereal & Mini Pastry  
Tangerine  
100% Fruit Juice  
Milk

16

Pancake Breakfast  
Sandwich  
or  
Cereal & Mini Pastry  
Apple Slices  
100% Fruit Juice  
Milk

17

Sunrise Sandwich  
or  
Cereal & Mini Pastry  
Orange  
100% Fruit Juice  
Milk

20

Banana Muffin  
Cereal & Graham Crackers  
Apple  
100% Fruit Juice  
Milk

21

Croissant  
w/ Turkey, Egg & Chesse  
Cereal & Muffin  
Pear  
100% Fruit Juice  
Milk

22

Pancake w/ Sausage  
On a Stick  
Cereal & Graham Crackers  
Apple Slices  
100% Fruit Juice  
Milk

23

W.G. Concha Bread  
Cereal & Muffin  
Orange  
100% Fruit Juice  
Milk

24

French Toast  
or  
Cereal & Mini Pastry  
Orange  
100% Fruit Juice  
Milk

27

Chocolate Chip Muffin  
or  
Cereal & Mini Pastry  
Apple  
100% Fruit Juice  
Milk

28

Croissant  
w/ Turkey, Egg & Chesse  
or  
Cereal & Mini Pastry  
Pear  
100% Fruit Juice  
Milk

29

Honey Wheat  
Breakfast Bar  
or  
Cereal & Mini Pastry  
Tangerine  
100% Fruit Juice  
Milk

30

Waffles  
or  
Cereal & Mini Pastry  
Apple Slices  
100% Fruit Juice  
Milk

31

Beef Chorizo & Egg  
Burrito  
or  
Cereal & Mini Pastry  
Orange  
100% Fruit Juice  
Milk