



# Trinity Basin - School of Liberal Arts

## March 2010

freshness, nutrition, and variety

# Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> english muffin with ham slice pineapple tidbits 1% milk (2-G/B, 1-F/V)	<b>2</b> egg-potato-cheese burrito with salsa fresh orange, cut 1% milk (2-G/B, 1-F/V)	<b>3</b> cornflake cereal with raisins fresh banana 1% milk (2-G/B, 1-F/V)	<b>4</b> blueberry muffin * diced pears 1% milk (2-G/B, 1-F/V)	<b>5</b> hot waffles with syrup fresh apple 1% milk (1-M,1-G/B,1-F/V)
<b>8</b> honeynut cheerios with raisins fresh banana 1% milk (2-G/B, 1-F/V)	<b>9</b> 100% wheat bread with peanut butter fresh orange, cut 1% milk (1-M,1-G/B,1-F/V)	<b>10</b> warm biscuit with ham/cheese diced peaches 1% milk (1-M,2G/B,1-F/V)	<b>11</b> apple muffin with oat topping cantaloupe wedge 1% milk (2-G/B, 1-F/V)	<b>12</b> hot pancakes with syrup sliced apples 1% milk (2-G/B, 1-F/V)
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<b>22</b> warm buttermilk biscuit with jelly diced pears 1% milk (2-G/B, 1-F/V)	<b>23</b> pineapple muffin with oat topping choice of yogurt 1% milk (2-G/B, 1-F/V)	<b>24</b> egg-potato-cheese burrito with salsa fresh orange, cut 1% milk (1-M,1-G/B,1-F/V)	<b>25</b> wheat muffin melt with cheddar chez sliced apples 1% milk (1-M,2G/B,1-F/V)	<b>26</b> golden oats cereal with raisins banana 1% milk (2-G/B, 1-F/V)
<b>29</b> 100% wheat bread with peanut butter fresh orange, cut 1% milk (1-M,1-G/B,1-F/V)	<b>30</b> warm ham/cheese tortilla rollup/salsa diced peaches 1% milk (1-M,1-G/B,1-F/V)	<b>31</b> honeynut cheerios with raisins fresh apple 1% milk (2-G/B, 1-F/V)		



fresh fruits!!!



fresh baked muffins!



whole grains!

heart heathy!



all food produced in a TDH inspected facility

