

BREAKFAST

Every Breakfast comes with choice of Protein and fruit

MARCH 2019
Ashland High School

Students 1.75 Adults 2.00
All meals include milk & unlimited fruit, choice of string cheese, yogurt or eggs

Monday

Tuesday

Wednesday

Thursday

Friday



1

4

French Toast & sausage
Fruit & Veggie breads
Cereal

5

Breakfast Tornado
Fruit Frudels
Waffles & sausage
Cereal

6

Pancake sausage wrap
Oatmeal
Breakfast Pizza
Cereal

7

Scrambled eggs, toast &
Hash browns
Fruit Muffins
Breakfast Sick
Cereal

8

Cinnamon Rolls
Breakfast Sandwich
Made to order pancakes
Cereal

11



12

Breakfast Tornado
Fruit Frudels
Waffles & sausage
Cereal

13

Pancake sausage wrap
Oatmeal
Breakfast Pizza
Cereal

14

Scrambled eggs, toast &
Hash browns
Fruit Muffins
Breakfast Sick
Cereal

15

Cinnamon Rolls
Breakfast Sandwich
Made to order pancakes
Cereal

18

French Toast & sausage
Fruit & Veggie breads
Cereal

19

Breakfast Tornado
Fruit Frudels
Waffles & sausage
Cereal

20

Pancake sausage wrap
Oatmeal
Breakfast Pizza
Cereal

21

Scrambled eggs, toast &
Hash browns
Fruit Muffins
Breakfast Sick
Cereal

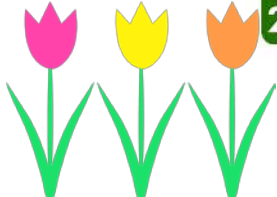
22

Cinnamon Rolls
Breakfast Sandwich
Made to order pancakes
Cereal

25



26



27



28



29



All meals meet the Federal Healthy Hunger free kids act of America
You may pay on your students account or apply for benefits at any school office or online on the school district web site
<http://www.ashland.k12.or.us/foodservices> and www.mymealtime.com to track your students account.
ASD is an equal opportunity employer

