

# MARCH BREAKFAST



## COMPASS ROSE ACADEMY (OUTER CIRCLE)

Monday	Tuesday	Wednesday	Thursday	Friday
February 28, 2022	March 1, 2022	March 2, 2022	March 3, 2022	March 4, 2022
	CHERRY FRUDEL <sup>^</sup> Diced Peaches Blended Fruit Juice Choice of Milk	DOUBLE CHOCOLATE MINI MUFFIN <sup>^</sup> Mozzarella Cheese Stick Fresh Apple Choice of Milk	TURKEY HAM & CHEESE ON ENGLISH MUFFIN <sup>^</sup> Fresh Banana Orange Juice Choice of Milk	NO SCHOOL
March 7, 2022	March 8, 2022	March 9, 2022	March 10, 2022	March 11, 2022
NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
March 14, 2022	March 15, 2022	March 16, 2022	March 17, 2022	March 18, 2022
NO SCHOOL	CINNAMON TOAST CRUNCH <sup>^</sup> Vanilla Waffle Square Dried Cranberries Grape Juice Choice of Milk	DOUBLE CHOCOLATE MINI MUFFIN <sup>^</sup> Mozzarella Cheese Stick Fresh Apple Choice of Milk	EGG & CHEESE ON ENGLISH MUFFIN <sup>^</sup> Fresh Banana Fruit Punch Juice Choice of Milk	Bagel <sup>^</sup> Cream Cheese Fresh Apple Choice of Milk
March 21, 2022	March 22, 2022	March 23, 2022	March 24, 2022	March 25, 2022
FROSTED CORN FLAKES <sup>^</sup> Cherry Breakfast Bar <sup>^</sup> Dried Cranberries Orange Juice Choice of Milk	CHICKEN BISCUIT <sup>^</sup> Diced Peaches Grape Juice Choice of Milk	RICE CHEX <sup>^</sup> Graham Crackers <sup>^</sup> Fresh Apple Choice of Milk	STRAWBERRY PANCAKES <sup>^</sup> Fresh Banana Fruit Punch Juice Choice of Milk	BLUEBERRY MINI MUFFIN <sup>^</sup> Mozzarella Cheese Stick Fresh Apple Choice of Milk
March 28, 2022	March 29, 2022	March 30, 2022	March 31, 2022	April 1, 2022
TRIX <sup>^</sup> Maple Breakfast Square <sup>^</sup> Dried Cranberries Fruit Punch Juice Choice of Milk	CINNAMON TOAST CRUNCH FILLED BAR <sup>^</sup> Diced Pears Apple-Cranberry Juice Choice of Milk	BANANA MINI MUFFIN <sup>^</sup> Mozzarella Cheese Stick Fresh Apple Choice of Milk	TURKEY HAM & CHEESE ON ENGLISH MUFFIN <sup>^</sup> Fresh Banana Grape Juice Choice of Milk	

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. \*\* MENU SUBJECT TO CHANGE \*\*

<sup>^</sup> Denotes item is whole-grain/whole wheat

\*\*\* This institution is an equal opportunity provider.

Find your school's menus online at: [preferredmealsmenu.com](http://preferredmealsmenu.com)



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## Nutritional Information: COMPASS ROSE ACADEMY (OUTER CIRCLE)

Nutrition Information and menus are planned using a blended estimate of milk choices served in schools. For individual milk nutrients consult actual labels on cartons served at the school.

	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
03-14-2022	NO SCHOOL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
03-15-2022	CINNAMON TOAST CRUNCH ^	120	2	0	0	0	160	22	3	6	1	300	4	60	2	G/B:1sv WG BW-LS
	Vanilla Waffle Square	110	5	1	0	0	45	18	1	9	2	0	0	5	0	G/B:1sv WG
	Dried Cranberries	110	0	0	0	0	0	27	2	24	0	0	0	0	0	F:1/2c
	Grape Juice	60	0	0	0	0	10	14	0	13	0	0	0	10	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
03-16-2022	DOUBLE CHOCOLATE MINI MUFFIN ^	123	3	1	0	18	74	20	2	8	2	31	0	3	1	G/B:1sv WG
	Mozzarella Cheese Stick	90	6	3	0	20	190	2	0	0	7	0	0	198	0	MMA:1oz
	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0	F:1c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
03-17-2022	EGG & CHEESE ON ENGLISH MUFFIN ^	210	8	4	0	132	300	24	2	2	12	0	0	134	2	MMA:1.75oz G/B:2sv WG
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c BW-PLANT
	Fruit Punch Juice	60	0	0	0	0	10	14	0	13	0	0	0	10	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
03-18-2022	Bagel ^	180	2	0	0	0	250	35	3	2	7	0	15	40	2	G/B:2sv WG
	Cream Cheese	70	6	4	0	20	100	1	0	1	2	0	0	24	0	MMA:0.5oz
	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0	F:1c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
03-21-2022	FROSTED CORN FLAKES ^	100	0	0	0	0	180	24	1	8	1	150	5	150	6	G/B:1sv WG
	Cherry Breakfast Bar ^	160	6	1	0	0	55	27	2	9	3	0	0	15	1	G/B:1.25sv WG
	Dried Cranberries	110	0	0	0	0	0	27	2	24	0	0	0	0	0	F:1/2c
	Orange Juice	60	0	0	0	0	10	14	0	12	0	2	30	10	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
03-22-2022	CHICKEN BISCUIT ^	245	8	1	0	12	465	33	4	5	12	0	0	68	2	MMA:1oz G/B:2.25sv WG
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c BW-PLANT
	Grape Juice	60	0	0	0	0	10	14	0	13	0	0	0	10	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
03-23-2022	RICE CHEX^	100	0	0	0	0	250	24	1	2	2	100	6	100	9	G/B:1sv WG BW-LS
	Graham Crackers ^	90	2	0	0	0	100	17	1	4	2	0	0	10	1	G/B:1sv WG
	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0	F:1c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
03-24-2022	STRAWBERRY PANCAKES ^	180	4	2	0	5	240	32	2	7	4	0	0	80	1	G/B:2sv WG
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c BW-PLANT
	Fruit Punch Juice	60	0	0	0	0	10	14	0	13	0	0	0	10	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	

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	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
03-25-2022	BLUEBERRY MINI MUFFIN ^	118	3	0	0	18	74	20	2	8	2	34	1	5	1	G/B:1sv WG
	Mozzarella Cheese Stick	90	6	3	0	20	190	2	0	0	7	0	0	198	0	MMA:1oz
	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0	F:1c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
03-28-2022	TRIX ^	110	2	0	0	0	140	24	1	7	1	500	4	100	3	G/B:1sv WG
	Maple Breakfast Square ^	110	5	1	0	0	45	18	1	9	2	0	0	5	0	G/B:1sv WG
	Dried Cranberries	110	0	0	0	0	0	27	2	24	0	0	0	0	0	F:1/2c
	Fruit Punch Juice	60	0	0	0	0	10	14	0	13	0	0	0	10	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
03-29-2022	CINNAMON TOAST CRUNCH FILLED BAR^	260	8	2	0	5	290	41	3	15	6	0	0	20	1	G/B:2sv WG
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0	F:1/2c BW-PLANT
	Apple-Cranberry Juice	60	0	0	0	0	15	14	0	12	0	0	0	10	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
03-30-2022	BANANA MINI MUFFIN ^	120	3	0	0	18	74	20	2	8	2	33	1	5	1	G/B:1sv WG
	Mozzarella Cheese Stick	90	6	3	0	20	190	2	0	0	7	0	0	198	0	MMA:1oz
	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0	F:1c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
03-31-2022	TURKEY HAM & CHEESE ON ENGLISH MUFFIN ^	187	7	3	0	28	383	23	2	2	11	0	0	110	1	MMA:1oz G/B:2sv WG
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c BW-PLANT
	Grape Juice	60	0	0	0	0	10	14	0	13	0	0	0	10	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	

Meal Contributions : M/MA = Meat/Meat Alternate      F = Fruit      V = Vegetable      G/B = Grain/Bread      W/G = Whole Grain  
 Vegetable Types : DG = Dark Green      R/O = Red/Orange      L = Legumes      S = Starchy      O = Other  
 BeWell Types : BW-PLANT = Plant-Based      BW-GF = Good Fat      BW-LPP = Lean/Plant Protein      BW-LS = Less Sugar  
                          BW-HF = High Fiber Food      BW-PRO = Probiotics



## Allergen Information: COMPASS ROSE ACADEMY (OUTER CIRCLE)

**ALLERGEN WARNING:** This menu is for reference only, and the food products delivered to schools are subject to change without notice. Accurate and up-to-date ingredient information regarding ingredients – including the 8 major food allergens – is available on the product label at your school. To avoid exposure to these food allergens, refer to the actual product label. **FAILURE TO DO SO MAY RESULT IN INADVERTENT EXPOSURE TO FOOD ALLERGENS.**

	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
03-14-2022	NO SCHOOL								
03-15-2022	CINNAMON TOAST CRUNCH ^							X	X
	Vanilla Waffle Square		X					X	X
	Dried Cranberries								
	Grape Juice								
	Choice of Milk	X							
03-16-2022	DOUBLE CHOCOLATE MINI MUFFIN ^	X	X					X	X
	Mozzarella Cheese Stick	X							
	Fresh Apple								
	Choice of Milk	X							
03-17-2022	EGG & CHEESE ON ENGLISH MUFFIN ^	X	X					X	X
	Fresh Banana								
	Fruit Punch Juice								
	Choice of Milk	X							
03-18-2022	Bagel ^							X	X
	Cream Cheese	X							
	Fresh Apple								
	Choice of Milk	X							
03-21-2022	FROSTED CORN FLAKES ^								X
	Cherry Breakfast Bar ^							X	X
	Dried Cranberries								
	Orange Juice								
	Choice of Milk	X							
03-22-2022	CHICKEN BISCUIT ^	X						X	X
	Diced Peaches								
	Grape Juice								
	Choice of Milk	X							
03-23-2022	RICE CHEX^								
	Graham Crackers ^							X	X
	Fresh Apple								
	Choice of Milk	X							
03-24-2022	STRAWBERRY PANCAKES ^	X	X					X	X
	Fresh Banana								
	Fruit Punch Juice								
	Choice of Milk	X							

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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
03-25-2022	BLUEBERRY MINI MUFFIN ^	X	X					X	X
	Mozzarella Cheese Stick	X							
	Fresh Apple								
	Choice of Milk	X							
03-28-2022	TRIX ^								
	Maple Breakfast Square ^		X					X	X
	Dried Cranberries								
	Fruit Punch Juice								
	Choice of Milk	X							
03-29-2022	CINNAMON TOAST CRUNCH FILLED BAR^	X						X	X
	Diced Pears								
	Apple-Cranberry Juice								
	Choice of Milk	X							
03-30-2022	BANANA MINI MUFFIN ^	X	X					X	X
	Mozzarella Cheese Stick	X							
	Fresh Apple								
	Choice of Milk	X							
03-31-2022	TURKEY HAM & CHEESE ON ENGLISH MUFFIN ^	X						X	X
	Fresh Banana								
	Grape Juice								
	Choice of Milk	X							