Strive for 5

Fruits Vegetables Whole Grains Milk Protein

Dover MS/HS Breakfast Menu
March 2017

		Wednesday 3/1 Today's Special	Thursday 3/2 Today's Special	Friday 3/3 Today's Special
		Breakfast Burrito Breakfast Fruit Selection Milk	Blueberry Pancakes Breakfast Fruit Selection Milk	**Maple Cinnamon Whole Grain Donut** Breakfast Fruit Selection Milk
Monday 3/6 Today's Special	**Tuesday 3/7 Today's Special**	**Wednesday 3/8 Today's Special**	**Thursday 3/9 Today's Special**	**Friday 3/10 Today's Special**
Whole Grain French Toast Breakfast Fruit Selection Milk	Apple Cinnamon Muffin Breakfast Fruit Selection Milk	Breakfast Flatbread Breakfast Fruit Selection Milk	Ham and Cheese Quiche Breakfast Fruit Selection Milk	Whole Grain Cinnamon Roll Breakfast Fruit Selection Milk
Monday 3/13 Today's Special	**Tuesday 3/14 Today's Special**	**Wednesday 3/15 Today's Special**	**Thursday 3/16 Today's Special**	**Friday 3/17 Today's Special**
Whole Grain Waffle Sticks Breakfast Fruit Selection Milk	Blueberry Muffin Breakfast Fruit Selection Milk	Breakfast Quesadilla Breakfast Fruit Selection Milk	Banana Pancakes Breakfast Fruit Selection Milk	**Maple Cinnamon Whole Grain Donut** Breakfast Fruit Selection Milk
Monday 3/20 Today's Special	**Tuesday 3/21 Today's Special**	**Wednesday 3/22 Today's Special**	**Thursday 3/23 Today's Special**	**Friday 3/24**
Whole Grain French Toast Breakfast Fruit Selection Milk	Banana Chip Muffin Breakfast Fruit Selection Milk	Scrambled Eggs Wheat Toast Breakfast Fruit Selection Milk	Western Scramble Wheat Toast Breakfast Fruit Selection Milk	No School Teacher's Workshop
Monday 3/27 Today's Special	**Tuesday 3/28 Today's Special**	**Wednesday 3/29 Today's Special**	**Thursday 3/30 Today's Special**	**Friday 3/31 Today's Special**
Whole Grain Waffle Sticks Breakfast Fruit Selection Milk	Apple Cinnamon Muffin Breakfast Fruit Selection Milk	Breakfast Burrito Breakfast Fruit Selection Milk	Chocolate Chip Pancakes Breakfast Fruit Selection Milk	**Maple Cinnamon Whole Grain Donut** Breakfast Fruit Selection Milk

Students may take two fruit servings with each meal. They must take at least one to qualify for the meal prices listed.

FreshPicks café
Nutritious and fresh, every day.
Fresh Picks Cafe is a division of Café Services™

Café Services is a proud proponent of the Farm-to-School Initiative. We Buy Local First.

This Institution is an equal opportunity provider.

Try a Bite/ Harvest of the Month

This month we are featuring **New England Maple Syrup.** Look for it on the lunch menu throughout the month.

National Breakfast Month!

Celebrate your love for breakfast...any time of day! Look for breakfast and brunch specials all month.

Feed Your Brain At Breakfast!

Good nutrition enhances learning. Healthy breakfast offerings daily include your choice of:

Assorted Cereals w/Hard Boiled Egg or Cheese Stick,

Breakfast Sandwiches

Fruit & Yogurt Parfait
or
Special of the Day

with up to two Fruit selections & Milk

Meal Prices

Breakfast:
Full Price:1.35
Reduced Price: 30
Adult: 1.35

Lunch:
Full Price: 2.85
Reduced Price: .40
Adult:3.35

Questions or Comments about the Meal Program?

Please Contact
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Or visit:
http://www.freshpickscafe.com