

**GLOBAL
CONCEPTS
CHARTER SCHOOLS
Breakfast Menu K-12
Student Price \$2.00**

March 2019



Pre-Paid Full & Reduced Lunches are available daily, weekly and monthly

Menu is subject to change



Monday	Tuesday	Wednesday	Thursday	Friday
<p>This institution is an equal opportunity employer & provider</p>	<p>National School Breakfast Week March 4th - March 8th Daily Specials!</p>	 <p>New Breakfast Items!</p>	 <p>New Breakfast Items!</p>	<p>1 Bagel w/ Toppings (2G) Or Cereal w/1/2 Bagel (2G) ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk</p>
<p>4 National School Breakfast Week Pillsbury or Coco Puff Toaster Bar Or Cereal w/1/2 Bagel (2G) ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk</p>	<p>5 National School Breakfast Week Yogurt Cup W/Side Or Cereal w/1/2 Bagel (2G) ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk</p>	<p>6 National School Breakfast Week Whole Grain Cinnamon Roll Or Cereal w/1/2 Bagel (2G) ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk</p>	<p>7 National School Breakfast Week Mini Breakfast Pizza Or Cereal w/1/2 Bagel (2G) ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk</p>	<p>8 National School Breakfast Week Mini Waffles Or Cereal w/1/2 Bagel (2G) ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk</p>
<p>11 Bagel w/ Toppings (2G) Or Cereal w/1/2 Bagel (2G) ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk</p>	<p>12 French Toast Sticks (2G) w/Syrup Or Cereal w/1/2 Bagel (2G) ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk</p>	<p>13 Bagel w/ Toppings (2G) Or Cereal w/1/2 Bagel (2G) ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk</p>	<p>14 Pancakes 2G w/Syrup Or Cereal w/1/2 Bagel (2G) ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk</p>	<p>15 Bagel w/ Toppings (2G) Or Cereal w/1/2 Bagel (2G) ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk</p>
<p>18 Bagel w/ Toppings (2G) Or Cereal w/1/2 Bagel (2G) ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk</p>	<p>19 Fresh Baked Whole Grain Doughnut (2G) Or Cereal w/1/2 EM (2G) ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk 0</p>	<p>20 Bagel w/ Toppings (2G) Or Cereal w/1/2 Bagel (2G) ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk</p>	<p>21 French Toast Sticks (2G) w/Syrup Or Cereal w/1/2 Bagel (2G) ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk</p>	<p>22 Bagel w/ Toppings (2G) Or Cereal w/1/2 Bagel (2G) ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk</p>
<p>25 Bagel w/ Toppings (2G) Or Cereal w/1/2 Bagel (2G) ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk</p>	<p>26 French Toast Sticks (2G) w/Syrup Or Cereal w/1/2 Bagel (2G) ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk</p>	<p>27 Bagel w/ Toppings (2G) Or Cereal w/1/2 Bagel (2G) ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk</p>	<p>28 Pancakes 2G w/Syrup Or Cereal w/1/2 Bagel (2G) ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk</p>	<p>29 Bagel w/ Toppings (2G) Or Cereal w/1/2 Bagel (2G) ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk</p>

Choose an item from between each of the dotted line sections

Must take at least 2 Items

We offer fresh, prepared fruits and juice daily

Non or Low Fat White or Non-Fat Chocolate Milk

Did You Know.....

All of the grains and breads we use are "whole grain-rich". Meaning they contain at least 51% whole grain meal &/or flour. These requirements also reflect the 2010 Dietary Guidelines for Americans, which recommended making whole grains at least half of all grains consumed.