

March 2021

Potters House: Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Strawberry Cheerios Cereal Bar Low Fat String Cheese Assorted Fruit Juice Fresh Banana 1% Low-Fat Milk Skim Milk	2 Cini-Mini French Toast Bites Raspberry Rainbow Yogurt Assorted Fruit Juice Mixed Berry Cup 1% Low-Fat Milk Skim Milk	3 Apple Frudel Low Fat Cubed Cheese Assorted Fruit Juice Strawberry Applesauce 1% Low-Fat Milk Skim Milk	4 Golden Grahams Cereal Bar Strawberry Yogurt Assorted Fruit Juice Fresh Orange 1% Low-Fat Milk Skim Milk	5 Rolled Breakfast Taco Low Fat String Cheese Assorted Fruit Juice Peach Cup 1% Low-Fat Milk Skim Milk
8 Apple Cinnamon Nutrigrain Bar Low Fat String Cheese Assorted Fruit Juice Fresh Apple 1% Low-Fat Milk Skim Milk	9 Cherry Frudel Strawberry Banana Danimal Assorted Fruit Juice Strawberry Craisins 1% Low-Fat Milk Skim Milk	10 Mini Chocolate Chip French Toast Low Fat Colby Cheese Cubes Assorted Fruit Juice Fresh Orange 1% Low-Fat Milk Skim Milk	11 Blueberry Bread Loaf Strawberry Banana Danimal Assorted Fruit Juice Cinnamon Applesauce 1% Low-Fat Milk Skim Milk	12 Cinnamon Apple Texas Toast Strawberry Go-Gurt Assorted Fruit Juice Fresh Banana 1% Low-Fat Milk Skim Milk
15 Golden Grahams Cereal Bowl Low Fat String Cheese Assorted Fruit Juice Fresh Apple Slices 1% Low-Fat Milk Skim Milk	16 Butterscotch Oatmeal Bar Raspberry Rainbow Yogurt Assorted Fruit Juice Craisins 1% Low-Fat Milk Skim Milk	17 Bagel with cream cheese Low Fat Cheese Cubes Assorted Fruit Juice Fresh Orange 1% Low-Fat Milk Skim Milk	18 Banana Bread Loaf Low Fat String Cheese Assorted Fruit Juice Mixed Berry Cup 1% Low-Fat Milk Skim Milk	19 Sausage Biscuits Low Fat Colby Cheese Cubes Assorted Fruit Juice Fresh Banana 1% Low-Fat Milk Skim Milk
22 Ultimate Breakfast Round Low Fat String Cheese Assorted Fruit Juice Mixed Berry Cup 1% Low-Fat Milk Skim Milk	23 Strawberry poptart Low Fat String Cheese Assorted Fruit Juice Fresh Orange 1% Low-Fat Milk Skim Milk	24 Chocolate Chip Muffin Cherry Yogurt Assorted Fruit Juice Strawberry Banana Applesauce 1% Low-Fat Milk Skim Milk	25 Lucky Charms Cereal Bowl Low Fat Cheese Cubes Assorted Fruit Juice Fresh Grapes 1% Low-Fat Milk Skim Milk	26 Super Cinnamon Pretzel Stick Low Fat String Cheese Assorted Fruit Juice Orange Slices 1% Low-Fat Milk Skim Milk
29 Fruit Loops Cereal Bowl Strawberry Go-Gurt Assorted Fruit Juice Strawberry Banana Applesauce 1% Low-Fat Milk Skim Milk	30 Apple Bosco Stick Blueberry Yogurt Assorted Fruit Juice Diced Pear Cup 1% Low-Fat Milk Skim Milk	31 Bagel with strawberry cream cheese Low Fat Cheese Cubes Assorted Fruit Juice Fresh Orange 1% Low-Fat Milk Skim Milk Skim Milk	1 Sausage Breakfast Pizza Strawberry Bash Yogurt Assorted Fruit Juice Fresh Grapes 1% Low-Fat Milk Skim Milk	26

Menu is pork-free. W/G denotes whole grain. Local produce when available.

Vegetarian options available upon request.

Sunbutter and Jelly sandwich available as alternate meal daily.

For questions or comments with the menu please contact:

GLPS Chartwells Food Service Office 616-452-3296 ext 4332

"This institution is an equal opportunity provider"

