



La Academia de Estrellas Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 ~ fresh baked whole grain warm Southern-style biscuit with turkey sausage patty * fresh-cut 72ct orange half 100% fruit juice * milk selection	2 ~ whole grain "squares" medley cereal bowl * ~ fresh baked whole grain peaches & yogurt muffin * pineapple chunks in juice 100% fruit juice * milk selection	3 ~ egg, potato, and cheese taquito & taco sauce or ~ house-made beef chorizo, potato, and cheese taquito & taco sauce * fresh-cut fruit cup 100% fruit juice * milk selection	4 ~ whole grain "flakes" medley cereal bowl * ~ fresh baked whole grain triberry 'flatcake' * fresh banana 100% fruit juice * milk selection	5 ~ French toast sticks with syrup cup * turkey sausage link * chilled applesauce 100% fruit juice * milk selection
8 ~ whole grain "golden Cinnatoast" medley cereal bowl * ~ whole wheat bread slice and mixed fruit jelly * fresh seasonal apple variety 100% fruit juice * milk selection	9 ~ warm whole wheat breakfast bagel topped turkey bacon, egg and cheddar cheese * fresh banana 100% fruit juice * milk selection	10 ~ whole grain "fruity Os" medley cereal bowl * ~ fresh baked whole grain carrot spice muffin * chilled diced apricots 100% fruit juice * milk selection	11 ~ whole wheat pancake "sliderwich" with turkey sausage patty and syrup cup * fresh-cut cantaloupe 100% fruit juice * milk selection	12 ~ fresh baked whole grain "sticky bun" with peach cinnamon topping * chilled diced peaches 100% fruit juice * milk selection
15 ~ whole grain toasted oats and raisins cereal bowl * ~ fresh baked whole grain banana bread 'flatcake' * chilled diced pears 100% fruit juice * milk selection	16 ~ egg, potato, and cheese taquito & taco sauce or ~ house-made beef chorizo, potato, and cheese taquito & taco sauce * fresh-cut 72ct orange half 100% fruit juice * milk selection	17 ~ whole grain "flakes" medley cereal bowl * ~ fresh baked whole grain brown sugar blueberry muffin * fresh-cut fruit cup 100% fruit juice * milk selection	18 ~ French toast sticks with syrup cup * ~ turkey sausage patty * chilled applesauce 100% fruit juice * milk selection	19 Fair Day
22 ~ vanilla yogurt cup with fruit on the bottom * ~ whole wheat bread slice and mixed fruit jelly * fresh-cut 72ct orange half 100% fruit juice * milk selection	23 ~ whole grain "fruity Os" medley cereal bowl * ~ fresh baked whole grain cinnamon "monkeybread" * chilled diced apricots 100% fruit juice * milk selection	24 ~ warm 'whole corn' Johnny cake baked with cheddar and turkey sausage and syrup cup * fresh-cut cantaloupe wedge 100% fruit juice * milk selection	25 ~ whole grain "golden Cinnatoast" medley cereal bowl * ~ fresh baked whole grain tropical pineapple muffin * chilled peaches 100% fruit juice * milk selection	26 ~ whole grain waffle with syrup cup * ~ breakfast hashbrown potatoes * cinnamon apples 100% fruit juice * milk selection
29 ~ whole grain "apple Os" medley cereal bowl * ~ house-made soft baked fruit and oats 'flatcake' * fresh-cut 72ct orange half 100% fruit juice * milk selection	30 ~ whole grain breakfast panini sandwich layered with turkey ham & cheese * fresh banana 100% fruit juice * milk selection	31 ~ whole grain toasted oats and raisins cereal bowl * ~ fresh baked whole grain apple n' oat crumble muffin * fresh-cut cantaloupe 100% fruit juice * milk selection		

Notes:

"Sauces, beans, salads, pastas, bakery, brisket, chicken, etc... all scratch-cooked in-house with our recipes"

"Produce, Fruit, and other recipe ingredients sourced locally (when seasonally available)"

