

MORRIS JEFF HIGH SCHOOL AT CLARK

Morris Jeff Clark High Breakfast Menu



April 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 1 April 1-5	1 <ul style="list-style-type: none"> Greek Yogurt & Granola Assorted Cereal Assorted Fresh Fruit Assorted Milk 	2 <ul style="list-style-type: none"> Scrambled Eggs Whole Grain Toast Assorted Cereal Assorted Fresh Fruit Assorted Milk 	3 <ul style="list-style-type: none"> Whole Grain Waffles Assorted Cereal Assorted Fresh Fruit Assorted Milk Maple Syrup 	4 <ul style="list-style-type: none"> Turkey Sausage Breakfast Sandwich Assorted Cereal Assorted Fresh Fruit Assorted Milk Assorted Non-Fat Jelly 	5 <ul style="list-style-type: none"> Whole Grain Cinnamon Roll Assorted Cereal Assorted Fresh Fruit Assorted Milk Maple Syrup 	
WEEK 2 April 8-12	8 <ul style="list-style-type: none"> Egg & Cheese Breakfast Sandwich Assorted Cereal Assorted Fresh Fruit Assorted Milk 	9 <ul style="list-style-type: none"> Vegetable Frittata Whole Grain Toast Assorted Cereal Assorted Fresh Fruit Assorted Milk 	10 <ul style="list-style-type: none"> French Toast w/ Maple Syrup Assorted Cereal Assorted Fresh Fruit Assorted Milk Maple Syrup 	11 <ul style="list-style-type: none"> Turkey Sausage Breakfast Sandwich Assorted Cereal Assorted Fresh Fruit Assorted Milk Assorted Jelly 	12 <ul style="list-style-type: none"> Oatmeal Muffin Squares Assorted Cereal Assorted Fresh Fruit Assorted Milk 	
WEEK 3 April 15-20	15 SPRING	16 BREAK	17	18 SPRING	19 BREAK	
WEEK 4 April 22-27	22 SPRING BREAK	23 <ul style="list-style-type: none"> Turkey Sausage Breakfast Sandwich Assorted Cereal Assorted Fresh Fruit Assorted Milk Assorted Non-Fat Jelly 	24 <ul style="list-style-type: none"> Greek Yogurt & Granola Assorted Cereal Assorted Fresh Fruit Assorted Milk 	25 <ul style="list-style-type: none"> Turkey & Cheese Melt Assorted Cereal Assorted Fresh Fruit Assorted Milk Assorted Jelly 	26 <ul style="list-style-type: none"> Whole Grain Waffles Assorted Cereal Assorted Fresh Fruit Assorted Milk Maple Syrup 	
WEEK 5 April 29-30	29 <ul style="list-style-type: none"> Greek Yogurt & Granola Assorted Cereal Assorted Fresh Fruit Assorted Milk 	30 <ul style="list-style-type: none"> Scrambled Eggs Whole Grain Toast Assorted Cereal Assorted Fresh Fruit Assorted Milk 				



Eat Fit NOLA options meet the nutritional criteria designed by Ochsner Health System. Download the Free Eat Fit App and look for Morris Jeff in Eat Fit Schools Section for full nutrition facts.

*This Institution is an equal opportunity provider.