

LYCÉE FRANÇAIS DE LA NOUVELLE-ORLÉANS

Lycée Français Breakfast Menu March 2019



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 1 Mardi Gras Break		Happy Mardi Gras				
WEEK 2 March 11 - 15	11 Cereal & Toast Assorted Fresh Fruit Assorted Milk	12 Vegetable Frittata Whole Grain Toast Assorted Fresh Fruit Assorted Milk	13 French Toast w/ Maple Syrup Assorted Fresh Fruit Assorted Milk Maple Syrup	14 Turkey Sausage Breakfast Sandwich Assorted Fresh Fruit Assorted Milk Assorted Jelly	15 Oatmeal Muffin Squares Assorted Fresh Fruit Assorted Milk	
WEEK 3 March 18 - 22	18 Greek Yogurt & Granola Assorted Fresh Fruit Assorted Milk	19 Breakfast Burrito Assorted Fresh Fruit Assorted Milk	20 Whole Grain Pancakes Assorted Fresh Fruit Assorted Milk Maple Syrup	21 Egg & Cheese Breakfast Sandwich Assorted Fresh Fruit Assorted Milk Assorted Jelly	22 Muffin Squares Assorted Fresh Fruit Assorted Milk	
WEEK 4 March 25 - 29	25 Whole Grain Cinnamon Roll Assorted Fresh Fruit Assorted Milk	26 Turkey Sausage Breakfast Sandwich Assorted Fresh Fruit Assorted Milk Assorted Non-Fat Jelly	27 Greek Yogurt & Granola Assorted Fresh Fruit Assorted Milk	28 Turkey & Cheese Melt Assorted Fresh Fruit Assorted Milk Assorted Jelly	29 Whole Grain Waffles Assorted Fresh Fruit Assorted Milk Maple Syrup	



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

*This Institution is an equal opportunity provider.