

Watson Institute Breakfast Mar. 2025-26

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|---|---|
| 3/2/26 | 3/3/26 | 3/4/26 | 3/5/26 | 3/6/26 |
| WG Chocolate Muffin Apple 100% Fruit Juice Milk | WG Bagel w/light Cream Cheese Strawberry Applesauce 100% Fruit Juice Milk | WG Apple Cinnamon Muffin Mixed Fruit 100% Fruit Juice Milk | WG Mini Waffles w/Syrup Diced Peaches 100% Fruit Juice Milk | WG English Muffin w/Jelly Hard Boiled Egg Diced Pears 100% Fruit Juice Milk |
| 3/9/26 | 3/10/26 | 3/11/26 | 3/12/26 | 3/13/26 |
| Strawberry Cream Cheese Filled Bagel Fresh Orange 100% Fruit Juice Milk | W/G Blueberry Mini Loaf w/Margarine Diced Peaches 100% Fruit Juice Milk | WG English Muffin w/Margarine Egg Patty Omelet Diced Pears 100% Fruit Juice Milk | WG Chocolate Muffin Peach Applesauce 100% Fruit Juice Milk | WG Cheerios Cereal Strawberry Yogurt Apple 100% Fruit Juice Milk |
| 3/16/26 | 3/17/26 | 3/18/26 | 3/19/26 | 3/20/26 |
| WG Mini Pancakes w/Syrup & Margarine Hard Boiled Egg Diced Peaches 100% Fruit Juice / Milk | WG Banana Muffin Diced Pears 100% Fruit Juice Milk | WG Chex Cereal Strawberry Yogurt Banana 100% Fruit Juice Milk | Breakfast Burrito Cinnamon Applesauce 100% Fruit Juice Milk | WG Blueberry Muffin Mixed Fruit 100% Fruit Juice Milk |
| 3/23/26 | 3/24/26 | 3/25/26 | 3/26/26 | 3/27/26 |
| WG Chocolate Muffin Apple 100% Fruit Juice Milk | WG Bagel w/light Cream Cheese Strawberry Applesauce 100% Fruit Juice Milk | WG Apple Cinnamon Muffin Mixed Fruit 100% Fruit Juice Milk | WG Mini Waffles w/Syrup Diced Peaches 100% Fruit Juice Milk | WG English Muffin w/Jelly Hard Boiled Egg Diced Pears 100% Fruit Juice Milk |
| 3/30/26 | 3/31/26 | 4/1/26 | 4/2/26 | 4/3/26 |
|  |  |  |  |  |
| 4/6/26 | 4/7/26 | 4/8/26 | 4/9/26 | 4/10/26 |
|  | WG Banana Muffin Diced Pears 100% Fruit Juice Milk | WG Chex Cereal Strawberry Yogurt Banana 100% Fruit Juice Milk | Breakfast Burrito Cinnamon Applesauce 100% Fruit Juice Milk | WG Blueberry Muffin Mixed Fruit 100% Fruit Juice Milk |

Menu Subject to Change Without Notice

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|---|---|--|--|--|
| 3/2/26 | 3/3/26 | 3/4/26 | 3/5/26 | 3/6/26 |
| Mini Cheese Ravioli w/Tomato Sauce or Popcorn Chicken w/WG Dinner Roll | Chicken Patty on a WG Bun or Hamburger on a WG Bun | Meatloaf w/Gravy WG Dinner Roll or Chicken Nuggets | WG Pizza Bagels or WG Penne w/Meatsauce | Popcorn Chicken w/Sweet and Sour Sauce Brown Rice or Cheese Pizza |
| Featured Veggies: Side Salad w/dressing Cauliflower Diced Pears/Raisins Choice of Milk | Featured Veggies: French Fries w/Ketchup Baked Beans 100% juice/Orange Choice of Milk | Featured Veggies: Sweet Potatoes Beets 100% juice/Orange Choice of Milk | Featured Veggies: Steamed Carrots Green Beans Mixed Fruit/Banana Choice of Milk | Featured Veggies: Steamed Broccoli Red Pepper Strips Banana/Raisins Choice of Milk |
| 3/9/26 | 3/10/26 | 3/11/26 | 3/12/26 | 3/13/26 |
| Hamburger w/ketchup on a WG bun or Chicken Parmesan on a WG bun | WG French Toast Sticks Syrup Turkey Sausage or Breakfast Burrito | Cheese Pizza or Tuna Salad Wrap | Chicken Tenders w/Honey Mustard or Sloopy Joe on a WG Bun | WG Penne w/Meat Sauce or BBQ Rib on a WG Bun |
| Featured Veggies: Carrot Coins Potato wedges 100% juice/Apple Choice of Milk | Featured Veggies: Hashbrown Patty Celery Sticks Fresh Melon Choice of Milk | Featured Veggies: Steamed Broccoli Steamed Carrots 100% Juice/Applesauce Choice of Milk | Featured Veggies: Baked Beans Red Pepper Strips 100% Juice/Orange Choice of Milk | Featured Veggies: Side Salad w/Dressing Green Beans Mixed Fruit/Orange Choice of Milk |
| 3/16/26 | 3/17/26 | 3/18/26 | 3/19/26 | 3/20/26 |
| Salisbury Steak w/gravy WG Dinner Roll or Mini Ravioli Dinner Roll | Turkey Hot Dog w/Ketchup on a WG Bun or Cheese Steak on a WG Bun | 3 Beef Tacos w/Salsa or Cheese Pizza | Max Sticks or Garlic Toast Meatball Melt | Chicken Nuggets W/Dinner Roll or Turkey and Cheese Hoagie WG Hoagie Roll |
| Featured Veggies: Steamed Broccoli Mashed Potatoes Fresh Melon Choice of Milk | Featured Veggies: Sweet Potato Tots Green Beans 100% juice/Orange Choice of Milk | Featured Veggies: Black Beans Corn 100% juice/Mixed Fruit Choice of Milk | Featured Veggies: Side Salad w/dressing Steamed Carrots Grapes/Applesauce Choice of Milk | Featured Veggies: Curly Fries w/Ketchup Carrot Sticks Applesauce/Banana Choice of Milk |
| 3/23/26 | 3/24/26 | 3/25/26 | 3/26/26 | 3/27/26 |
| Mini Cheese Ravioli w/Tomato Sauce or Popcorn Chicken w/WG Dinner Roll | Chicken Patty on a WG Bun or Hamburger on a WG Bun | Meatloaf w/Gravy WG Dinner Roll or Chicken Nuggets | WG Pizza Bagels or WG Penne w/Meatsauce | Popcorn Chicken w/Sweet and Sour Sauce Brown Rice or Cheese Pizza |
| Featured Veggies: Side Salad w/dressing Cauliflower Diced Pears/Raisins Choice of Milk | Featured Veggies: French Fries w/Ketchup Baked Beans 100% Juice/Orange Choice of Milk | Featured Veggies: Sweet Potatoes Beets 100% Juice/Orange Choice of Milk | Featured Veggies: Steamed Carrots Green Beans Mixed Fruit/Banana Choice of Milk | Featured Veggies: Steamed Broccoli Red Pepper Strips Banana/Raisins Choice of Milk |
| 3/30/26 | 3/31/26 | 4/1/26 | 4/2/26 | 4/3/26 |
|  |  |  |  |  |
| 4/6/26 | 4/7/26 | 4/8/26 | 4/9/26 | 4/10/26 |
|  | Turkey Hot Dog w/ketchup on a WG Bun or Cheese Steak on a WG Bun Featured Veggies: Sweet Potato Tots Green Beans 100% Juice/Orange Choice of Milk | 3 Beef Taco w/Salsa or Cheese Pizza Featured Veggies: Black Beans Corn 100% Juice/Mixed Fruit Choice of Milk | Maxx Sticks or Garlic Toast Meatball Melt Featured Veggies: Side Salad w/dressing Steamed Carrots Grapes/Applesauce Choice of Milk | Chicken Nuggets w/Dinner Roll or Turkey and Cheese Hoagie on WG Hoagie Roll Featured Veggies: Curly Fries w/ketchup Carrot Sticks Applesauce/Banana Choice of Milk |



Weekly Vegetable Subgroups May Include:

Dark Green - spinach, broccoli, romaine and spring salad
Red/Orange - carrots, sweet potatoes, tomatoes and red peppers
Legumes - beans and peas
Starchy - potatoes, corn, peas and lima beans
Other Vegetables - celery sticks, cucumbers, cauliflower, green peppers, green beans, cabbage and green peppers

Daily Fruit Selections May Include:

oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple and mandarin oranges

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