



NATIONAL SCHOOL BREAKFAST WEEK MARCH 6TH - 10TH



How does school breakfast help you?

Students can concentrate on their schoolwork better when they're not hungry. Studies show that kids do better in school when they eat breakfast.



MILK
Kids and teens need the calcium, protein, and vitamin D found in milk for strong bones, teeth, and muscles



FRUITS
A full cup of fruit is available every day, providing nutrients that are important for kids' health, such as potassium, dietary fiber, vitamin C, and folate (folic acid).



VEGETABLES
Every breakfast does not include vegetables, but schools may offer them in place of fruits.

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Donut Holes & Toast or Cereal & Toast Fruit & Juice Milk ----- Mozzarella Bosco Breadsticks Garden Salad Yogurt & Blueberries Milk	Dr. Seuss Day Tornados & Toast or Cereal & Toast Fruit & Juice Milk ----- BBQ Pulled Pork Sandwich Tater Tots Strawberry Salad Milk 	No School MARCH LET THE WIND BEGIN
6	7	8	9	10
Scrambled Eggs & Toast or Cereal & Toast Fruit & Juice Milk ----- Cheese Pizza or Sausage Pizza Tossed Salad Peaches Milk	Mini Pancakes & Syrup or Cereal & Toast Fruit & Juice Milk ----- Hamburger or Cheeseburger French Fries Grapes Milk	Early Release Mini Donuts & Toast or Cereal & Toast Fruit & Juice Milk ----- Hot Dog Doritos Broccoli & Cheese Pears Milk	Biscuit & Sausage Gravy or Cereal & Toast Fruit & Juice Milk ----- Tacos Shredded Lettuce & Cheese Refried Beans Fresh Apple Wedges Milk	Choc Chip Muffin Cake or Cereal & Toast Fruit & Juice Milk ----- Fish Sticks Mac & Cheese Coleslaw Mandarin Oranges Milk

Available Daily for Lunch

- PB & J Sandwich w/Yogurt
- Chef Salad w/Crackers

Menus Subject to Change
This institution is an equal opportunity provider.



PROTEIN FOODS
Some breakfast menus may offer items such as eggs, nuts, or meats to pair with whole-grain options.



GRAINS
Starting every day the whole grains way gives kids and teens B vitamins, minerals, and fiber to feel fuller longer so they stay alert to concentrate at school.



Available Daily for Lunch

- PB & J Sandwich w/Yogurt
- Chef Salad w/Crackers

Menus Subject to Change
This institution is an equal opportunity provider.

Monday	Tuesday	Wednesday	Thursday	Friday
13 Scrambled Eggs & Toast or Cereal & Toast Fruit & Juice Milk ----- Pepperoni Bosco Breadsticks Garden Salad Cherry Crisp Milk	14 Mini Waffles & Sryup or Cereal & Toast Fruit & Juice Milk ----- Crispy Chicken Sandwich Buttered Corn Strawberries Milk	15 Breakfast Biscuit Sandwich or Cereal & Toast Fruit & Juice Milk ----- Hot Ham & Cheese Sandwich Baby Carrots & Dip Applesauce Milk	16 Cinnamon Swirl Muffin Cake or Cereal & Toast Fruit & Juice Milk ----- Spaghetti & Meat Sauce Garlic Toast Green Beans Fresh Fruit Salad Milk	17 St. Pat's Day Long John Donut & Toast or Cereal & Toast Fruit & Juice Milk ----- Manager's Choice Choice of Vegetable Choice of Fruit Mini St. Pat's Cookies Milk
20	21	22	23	
<div style="border: 2px solid blue; padding: 10px; display: inline-block;"> <h1 style="color: blue; margin: 0;">Spring Break</h1> <h2 style="color: blue; margin: 0;">March 20th-24th</h2> </div>				
27 Choc Chip Muffin Cake or Cereal & Toast Fruit & Juice Milk ----- BBQ Rib Sandwich Golden Corn Peaches Milk	28 Mini French Toast & Syrup or Cereal & Toast Fruit & Juice Milk ----- Crispy Chicken Strips Mashed Potatoes & Gravy Grapes Milk	29 Tornados & Toast or Cereal & Toast Fruit & Juice Milk Brunch Lunch Pancake Sausage Stick Scrambled Eggs Hash Browns Orange Wedges Milk	30 Breakfast Biscuit Sandwich or Cereal & Toast Fruit & Juice Milk ----- Chicken & Noodles Cinnamon Roll Leafy Green Salad Mixed Fruit Milk	31 Donut Holes & Toast or Cereal & Toast Fruit & Juice Milk ----- Grilled Cheese Tomato Soup Celery & Carrot Sticks w/Dip Jello w/Pears Milk