

# Dairy ChooseMyPlate.gov

## 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.

## **Available Daily for Lunch**

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

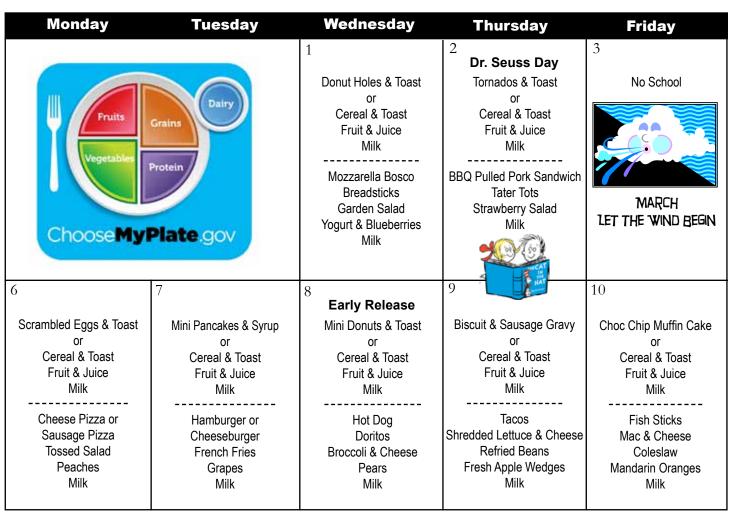
Menus Subject to Change

This institution is an equal opportunity provider.

## 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.







## 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

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