

MILK

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.

	Monday	Tuesday	Wednesday	Thursday	Friday
at ssium, C,	Fruits Fruits Vegetable Protein Choose MyPlate .gov		1 Bosco Mozzarella Breadsticks or Tuna Casserole or Crispitos	2 Dr. Seuss Day BBQ Pork Sandwich or Mini Corn Dogs or Pizza Chips w/Meal	3 No School MARCH LET THE WIND BEGIN
9 98, 1 3.	6 Pepperoni Bosco Breadsticks or BBQ Rib Sandwich or Taco Crunch	7 Crispy or Spicy Chicken Filet or Broccoli Cheese Soup w/Muffin or Toasted Ravioli w/Garlic Toast	8 Early Release Hot Dog Bar or Chicken Nuggets or Quesadilla Chips w/Meal	9 Tacos or Garlic Parmesan Grilled Chicken Sub or Tornados	10 Choice of Pizza or Spicy Tuna Sliderss or General Tso's Chicken w/Rice
ər.		Free & Reduced Meal B WW.heartlandap Click here	myschoolbucks.com Pay online or monito	THE OTHER PROPERTY AND ADDRESS OF ADDRESS OF ADDRESS ADDRE	

Dairy

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Fruits

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 potas dietary fiber, vitamin C Choose My Plate.gov and folate (folic acid).

Vegetables

VEGETABLES Every breakfast does

not include vegetables but schools may offer them in place of fruits

Choose My Plate.gov

Available Daily for Lunch	
PB& J Sandwich	
Deli Sandwich	

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

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