





# March 2017 Breakfast Menu

**BREAKFAST IS AVAILABLE AT ALL SCHOOLS - COME JOIN US FOR THE MOST IMPORTANT MEAL OF THE DAY**

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>3/1</b> Banana Bread Fresh & Dried Fruit Choice of Milk	<b>3/2</b> Grab & Go Cereal Graham Crackers Fresh & Dried Fruit Choice of Milk	<b>3/3</b> Apple Cinnamon Muffin Fresh Apple Slices & Raisins Choice of Milk
<b>3/6</b> Grab & Go Cereal Graham Crackers Fresh & Dried Fruit Choice of Milk	<b>3/7</b> Yogurt Graham Crackers Fresh & Dried Fruit Choice of Milk	<b>3/8</b> Zucchini Bread Fresh & Dried Fruit Choice of Milk	<b>3/9 Early Dismissal – All Schools</b> Grab & Go Cereal Graham Crackers Fresh & Dried Fruit Choice of Milk	<b>3/10</b>  <b>No School - Professional Development Day</b>
<b>3/13</b> Grab & Go Cereal Graham Crackers Fresh & Dried Fruit Choice of Milk	<b>3/14</b> Yogurt Graham Crackers Fresh & Dried Fruit Choice of Milk	<b>3/15</b> Banana Bread Fresh & Dried Fruit Choice of Milk	<b>3/16</b> Grab & Go Cereal Graham Crackers Fresh & Dried Fruit Choice of Milk	<b>3/17</b> Apple Cinnamon Muffin Fresh Apple Slices & Raisins Choice of Milk
<b>3/20</b> Grab & Go Cereal Graham Crackers Fresh & Dried Fruit Choice of Milk	<b>3/21</b> Yogurt Graham Crackers Fresh & Dried Fruit Choice of Milk	<b>3/22</b> Zucchini Bread Fresh & Dried Fruit Choice of Milk	<b>3/23 Elementary Early Dismissal</b> Grab & Go Cereal Graham Crackers Fresh & Dried Fruit Choice of Milk	<b>3/24 Elementary Early Dismissal</b> Apple Cinnamon Muffin Fresh Apple Slices & Raisins Choice of Milk
<b>3/27</b> Grab & Go Cereal Graham Crackers Fresh & Dried Fruit Choice of Milk	<b>3/28</b> Yogurt Graham Crackers Fresh & Dried Fruit Choice of Milk	<b>3/29</b> Banana Bread Fresh & Dried Fruit Choice of Milk	<b>3/30</b> Grab & Go Cereal Graham Crackers Fresh & Dried Fruit Choice of Milk	<b>3/31</b> Apple Cinnamon Muffin Fresh Apple Slices & Raisins Choice of Milk

**Full Pay Students Breakfast Meal Price \$ 1.25**

**Free & Reduced Eligible Students – No Charge**

Fat-Free Chocolate & 1% Low-Fat Available Daily with Breakfast or \$0.50 a la carte.

Our menus follow dietary guidelines for reduced fat, salt and sugar while increasing whole grains, fruits and vegetables.

As part of a balanced breakfast, Fruit or Fruit Juice and Fat Free or Low-Fat Milk are offered daily. All Bread items are Whole Wheat.

Menu Subject to change without advance notice.

For suggestions and questions about School Lunch Program please call 860-526-9546 ext. 1420