





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

**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