

# March 2019

Type Your School Name Here

## BREAKFAST



**Enjoy Breakfast-  
The Most Important Meal of Your  
Day!**



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



### Monday



### Tuesday



### Wednesday

### Thursday

### Friday

Whole Grain Cereal **4**  
Yogurt Cup  
Diced Peaches  
Juice Choice  
Milk Choice

Whole Grain Cereal **5**  
Whole Grain Cinnamon Roll  
Fresh Banana  
Fruit Juice Milk Choice  
Milk Choice

Mini Waffles W/Syrup **6**  
Pineapple Tidbits  
Fruit Juice Choice  
Milk Choice

Egg Taco **7**  
Tomato Salsa  
Sliced Pears  
Fruit Juice Choice  
Milk Choice

Whole Wheat Bagel **1**  
w/ Toppings  
Orange Halves  
Fruit Juice Choice  
Milk Choice

No School **8**  
  
Teacher Work Day

No School- Spring Break **11**

No School- Spring Break **12**

No School- Spring Break **13**

No School – Spring Break **14**

No School- Spring Break **15**

WG Cereal Or **18**  
Whole Grain Pop tart  
Pineapple Tidbits  
Fruit Juice Choice  
Milk Choice

WG Muffin **19**  
WG Cereal  
Banana  
Fruit Juice Choice  
Milk Choice

WG Breakfast Pizza **20**  
Apple Quarters  
Fruit Juice Choice  
Milk Choice

Pancake On a Stick **21**  
Syrup Cup, Fruit Cocktail  
Fruit Juice Choice  
Milk Choice

WG Cereal **22**  
String Cheese Stick  
Orange halves  
Fruit Juice Choice  
Milk Choice

Whole Wheat Bagel **25**  
With Toppings  
Orange Halves  
Fruit Juice and Milk Choice

Biscuit & Cream Gravy **26**  
Sausage Patty  
Fruit Cocktail  
Fruit Juice Choice, Milk Choice

WG Breakfast Pizza **27**  
Tropical Fruit  
Fruit Juice Choice  
Milk Choice

Excellent Egg Taco **28**  
Tomato Salsa  
Sliced Pears  
Fruit Juice and Milk Choice

WG Mini Waffles **29**  
W/Syrup  
Apple Halves  
Fruit Juice Choice, Milk Choice