

BREAKFAST

March 2015

Good Morning Ell-Saline!

Breakfast Fact

MyPlate recommends:

The intake of dairy products is especially important to bone health during childhood and adolescence, when bone mass is being built.

POWER UP WITH NATIONAL SCHOOL BREAKFAST WEEK

MARCH 2-6



* monday

2
BREAKFAST PIZZA
ORANGE HALVES
JUICE CHOICE
MILK CHOICE

9
WHOLE GRAIN CEREAL
YOGURT CUP
FRESH FRUIT
JUICE CHOICE, MILK

16
SPRING BREAK
NO SCHOOL

23
BREAKFAST PIZZA
DICED PEACHES
JUICE CHOICE
MILK CHOICE

30
WHOLE GRAIN CEREAL
STRING CHEESE
FRESH FRUIT
JUICE CHOICE, MILK

* tuesday

3
BREAKFAST CHICKEN
SLIDER
OR CEREAL & GRAHAM
SNACK, BANANA, FRUIT
JUICE AND MILK

10
WHOLE GRAIN CEREAL
BLUEBERRY MUFFIN
FRESH FRUIT
JUICE CHOICE, MILK

17
SPRING BREAK
NO SCHOOL

24
WHOLE GRAIN CEREAL
CINNAMON ROLL
FRESH FRUIT
JUICE CHOICE, MILK

31
BISCUIT & GRAVY
APPLE QUARTERS
JUICE CHOICE
MILK CHOICE

* wednesday

4
BAGEL & CREAM CHEESE
CEREAL
POWER RAISINS
JUICE, MILK CHOICE

11
PANCAKE ON A STICK
WITH SYRUP
FRESH FRUIT
JUICE CHOICE, MILK

18
SPRING BREAK
NO SCHOOL

25
MINI WAFFLES W/ SYRUP
FRESH FRUIT
JUICE CHOICE
MILK CHOICE

APRIL 1-
SAUSAGE SANDWICH
APRIL 2-
WHOLE GRAIN MUFFIN

* thursday

5
FOLD AND GO TACO
OR CEREAL & GRAHAM SNK
APPLE QUARTERS
FRUIT JUICE, MILK CHOICE

12
SAUSAGE BISCUIT
FRESH FRUIT
JUICE CHOICE,
MILK

19
SPRING BREAK
NO SCHOOL

26
WHOLE GRAIN MUFFIN
APPLE SAUCE
JUICE CHOICE
MILK CHOICE

School Information:

APPLE AND ORANGE JUICE ARE OFFERED FOR BREAKFAST.

USDA is an Equal Opportunity Provider and Employer.

* friday

6
FRENCH TOAST STICKS
CEREAL, FRESH FRUIT
JUICE CHOICE
MILK CHOICE

13
TEACHER WORK DAY
NO SCHOOL

20
SPRING BREAK
NO SCHOOL

27
FOLD AND GO TACO
FRESH FRUIT
JUICE CHOICE
MILK CHOICE