



March 2010



Elementary & Middle School Breakfast



Monday	Tuesday	Wednesday	Thursday	Friday
1 Assorted Cereal Cheese Stick Assorted Juice Milk	2 Apple or Blueberry Muffin Yogurt Assorted Juice Milk	3 Pop Tart Assorted Juice Milk	4 Breakfast Pizza Assorted Juice Milk	5 Egg & Cheese Breakfast Sandwich Assorted Juice Milk
8 Assorted Cereal Chocolate Chip Elf Grahams Assorted Juice Milk	9 Cinnamon Waffle Assorted Juice Milk	10 Cinnamon Glazed French Toast Assorted Juice Milk	11 Pancake Wrap Assorted Juice Milk	12 Cinnamon Roll Assorted Juice Milk
15 Assorted Cereal Graham Crackers Assorted Juice Milk	16 Pop Tart Assorted Juice Milk	17 Breakfast Hot Pocket Assorted Juice Milk	18 Breakfast Pizza Assorted Juice Milk	19 Egg and Cheese Breakfast Sandwich Assorted Juice Milk
22 Assorted Cereal Cheese Stick Assorted Juice Milk	23 Pop Tart Assorted Juice Milk	24 Apple Cinnamon Jammers Milk	25 Sausage Bagel Assorted Juice Milk	26 Cinnamon Roll Assorted Juice Milk
29 Assorted Cereal Chocolate Chip Elf Grahams Assorted Juice Milk	30 Apple or Blueberry Muffin Yogurt Assorted Juice Milk	31 Pop Tart Assorted Juice Milk		

**National School
Breakfast Week**
March 8-12, 2010

School Breakfast



***School Breakfast:
IS Good for you***

It provides you with 25% of the recommended daily allowance of protein, Calcium and iron, vitamins A and C, and calories for you as well as meeting federal nutrition guidelines based on the Dietary Guidelines for Americans. Helps maintain a healthy weight. Helps build lifelong healthy eating habits.

