

Breakfast K-12

MARCH 2024

MON

TUE

WED

THU

FRI

				1 Blueberry Muffin Fresh Orange & 100% Very Berry Juice
4 Banana Muffin Raisins & Applesauce	5 Strawberry Yogurt w/ Graham Crackers or Apple Frudel Apple Slices & Diced Pineapple	6 Multi-Grain Frosted Flakes w/Graham Crackers or Cinnamon Butter Honey Biscuit Diced Peaches & 100% Grape Juice	7 Cinnamon Toast Crunch w/Graham Crackers or Pancakes w/ Syrup Apple Slices & 100% Orange Juice	8 Cinnamon Crisp Bar Raisins & 100% Grape Juice
11 Cherry Cocoa Bar Fresh Pear & 100% Very Berry Juice	12 Strawberry Yogurt w/ Graham Crackers (V) or Mini Sausage & Cheese Flatbread Apple Slices & Diced Pineapple	13 Honey Cheerios w/ Graham Crackers or Cinnamon Butter Honey Biscuit Diced Peaches & 100% Grape Juice	14 Plain Bagel w/ Cream Cheese or Cinnamon Bun Apple Slices & 100% Orange Juice	15 Apple Jacks w/Graham Crackers Raisins & 100% Grape Juice
18 Multi-Grain Cheerios w/ Graham Crackers Raisins & Applesauce	19 Strawberry Yogurt w/ Graham Crackers or Pancakes w/ Syrup Apple Slices & Diced Pineapple	20 Cinnamon Raisin Bagel w/ Butter or French Toast w/ Syrup Diced Peaches & 100% Grape Juice	21 Honey Cheerios w/ Graham Crackers or Cinnamon Bun Apple Slices & 100% Orange Juice	22 Cherry Cocoa Bar Fresh Pear & 100% Very Berry Juice
25 Cinnamon Crisp Bar Raisins & 100% Grape Juice	26 Strawberry Yogurt w/ Graham Crackers (V) or Breakfast Pizza Apple Slices & Diced Pineapple	27 Multi-Grain Cinnamon Flakes w/Graham Crackers or Apple Frudel Diced Peaches & 100% Grape Juice	28 Plain Bagel w/ Cream Cheese or Waffles w/ Syrup Apple Slices & 100% Orange Juice	29 Blueberry Muffin Fresh Orange & 100% Very Berry Juice

DID YOU KNOW...

- ✓ All grain products are wholegrain rich
- ✓ There are no pork products on this menu
- ✓ Meats are lean and cheeses are low fat
- ✓ All products contain Zero Trans Fats, No Artificial Colors and Sweeteners, and No High Fructose Corn Syrup

Breakfast Milk Choices

1% Unflavored Milk
Skim Unflavored Milk

Please Note

Locally Grown Component Served Daily

Menu is subject to change

Vegetarian Meal Option indicated with a "V"



This institution is an equal opportunity provider.

Breakfast Pre-K

MARCH 2024

MON	TUE	WED	THU	FRI
				1 Cheerios w/ 100% Grape Juice
4 Multi-Grain Frosted Flakes w/ 100% Grape Juice	5 Yogurt w/ Fresh Apple Slices	6 Rice Chex w/ 100% Apple Juice	7 Cinnamon Raisin Bagel w/ Butter & 100% Fruit Juice	8 Banana Muffin w/ Diced Peaches
11 Blueberry Muffin w/ 100% Fruit Juice	12 Multi-Grain Cinnamon Flakes w/ Diced Peaches	13 Multi-Grain Cheerios w/ Fresh Apple Slices	14 Yogurt w/ 100% Orange Juice	15 Cheerios w/ 100% Grape Juice
18 Multi-Grain Frosted Flakes w/ 100% Grape Juice	19 Yogurt w/ Fresh Apple Slices	20 Honey Cheerios w/ Mixed Fruit Cup	21 Cinnamon Raisin Bagel w/ Butter & 100% Fruit Juice	22 Banana Muffin w/ 100% Fruit Juice
25 Blueberry Muffin w/ 100% Fruit Juice	26 Multi-Grain Cheerios w/ 100% Orange Juice	27 Corn Muffin w/ Fresh Apple Slices	28 Yogurt w/ 100% Orange Juice	29 Cheerios w/ 100% Grape Juice

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