

BREAKFAST

March 2017

St. Patrick's Day
Friday, March 17

Welcome Spring!
March 20

Spring Break
March 20 - 24

** We think that **eating breakfast** is important, so we are dedicating a whole week, March 6-10 to celebrate this morning meal!

Children need plenty of nutrients for proper growth and for the proper development of strong immune systems.

Certain breakfast foods such as fruits and whole grains can help supply these nutrients.

Teachers say that they notice greater alertness and fewer behavioral issues among students who have eaten breakfast.



Breakfast Menu

Every Day Choices

- * Yogurt Parfait, * Trix® Yogurt, * Muffins, * Cereal, * Toast,
- * Cinni Minis, * Mini Pancakes

Weekly Choices

Offered daily in addition to the Every Day Choices

- * Mondays: Sausage or Chicken Biscuit, Pop-Tart®
- * Tuesdays: Sausage or Chicken Biscuit
- * Wednesdays: BEC Biscuit OR Pizza, Pop-Tart®
- * Thursdays: Sausage or Chicken Biscuit
- * Fridays: Eggs, Bacon, & Toast Plate, Pop-Tart®

Pick your 1 favorite choice. All choices are offered with fresh fruit, juice, & milk!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>About School Breakfast</p> <p>PRICES</p> <p>Student breakfast: \$1.55 Reduced breakfast: .30 Adult breakfast: \$2.05</p>	<p>WHAT'S INCLUDED IN THE PRICE?</p> <p>100% Fruit Juice, Fresh Fruit, Milk, and 1 main choice, (i.e. biscuit, muffin, cereal with toast, yogurt parfait)</p>	<p>Entrees (choose one) Mar.1</p> <p>¹SunButter® & Jelly Sandwich ²Grilled Cheese Sandwich <i>offered with Chicken & Rice Soup</i></p> <p>Vegetables (choose many) Assorted Vegetables</p> <p>Fruit (can choose one of each) Orange Wedges and Fruit Cup</p>	<p>Entrees (choose one) Mar. 2</p> <p>¹Deli Chicken Sandwich with L/T/P ²Homemade Lasagna</p> <p>Vegetables (choose many) Fresh Garden Salad, Green Peas</p> <p>Fruit (can choose one of each) Fresh Grapes and Fruit Cup</p>	<p>Entrees (choose one) Mar. 3</p> <p>¹Fresh Baked Potato with <i>Toppings</i> ²Slice of Pizza</p> <p>Vegetable (choose many) Steamed Corn, Sweet Pepper Strips Organic Celery Sticks</p> <p>Fruit (choose one) Chilled Peach and Strawberry Cups</p>
<p>Entrees (choose one) Mar. 6</p> <p>¹Grilled Chicken Salad, crackers ²Corn Dog Nuggets</p> <p>Vegetables (choose many) Fresh Carrot Sticks Baked Beans</p> <p>Fruit (can choose one of each) Fresh Fruit and Fruit Cup</p>	<p>Entrees (choose one) Mar. 7</p> <p>¹Deli Turkey Sandwich, L/T/P ²Cheeseburger, L/T/P</p> <p>Vegetables (choose many) Red Roasted Potatoes Green Beans</p> <p>Fruit (can choose one of each) Fresh Banana and Fruit Cup</p>	<p>Entrees (choose one) Mar. 8</p> <p>¹SunButter & Jelly, or ²Grilled Cheese or ³Peanut Butter & Jelly Sandwich <i>each offered with Chick Noodle Soup</i></p> <p>Vegetables (choose many) Sweet Green Peas, Cucumber Slices</p> <p>Fruit (can choose one of each) Fresh Fruit and Fruit Cup</p>	<p>Entrees (choose one) Mar. 9</p> <p>¹Bowl of Pinto Beans ²Oven Roasted Chicken <i>each offered with School Roll</i></p> <p>Vegetables (choose many) Turnip Greens, Mashed Potatoes</p> <p>Fruit (choose one) Chilled Peach and Strawberry Cups</p>	<p>Entrees (choose one) Mar. 10</p> <p>¹Fresh Baked Potato with <i>Toppings</i> ²Pizza Crunchers</p> <p>Vegetables (choose many) Steamed Broccoli, BLT Chop Salad</p> <p>Fruit (can choose one of each) Fresh Fruit and Fruit Cup</p>
<p>Entrees (choose one) Mar. 13</p> <p>¹BBQ Sandwich ²Hot Dog <i>with all the fixin's</i></p> <p>Vegetables (choose many) Cole-Slaw, Baked Beans</p> <p>Fruit (can choose one of each) Fresh Orange Wedges and Fruit Cup</p>	<p>Build-Your-Own Nachos Mar. 14</p> <p>Entrees (choose one)</p> <p>¹Chicken ²Taco over Nachos with Cheese</p> <p>Vegetables (choose many) Steamed Corn, Lett., Tomato, Salsa</p> <p>Fruit (can choose one of each) Fresh Grapes and Fruit Cup</p>	<p>Entrees (choose one) Mar. 15</p> <p>¹PBJ Uncrustable® ²Deli Chicken Sandwich <i>half</i></p> <p>Vegetables (choose many) Vegetable Soup, Crackers Fresh Vegetables <i>with dip</i></p> <p>Fruit (can choose one of each) Fresh Banana and Fruit Cup</p>	<p>Entrees (choose one) Mar.16</p> <p>¹Vegetarian Chili Beans, Crackers ²Macaroni and Cheese</p> <p>Vegetables (choose many) Green Beans <i>Homemade</i> Broccoli Florets <i>w/ dip</i> <i>Brownie</i></p> <p>Fruit (can choose one of each) Fresh Fruit and Fruit Cup</p>	<p>Entrees (choose one) Mar. 17</p> <p>¹Manager Planned Entree ²Slice of Pizza</p> <p>Vegetables Steamed Corn Fresh Garden Salad</p> <p>Fruit (can choose one of each) Fresh Fruit and Fruit Cup</p>
Spring Break is March 20-24				
<p>Entrees (choose one) Mar. 27</p> <p>¹SunButter® & Jelly Sandwich ²Clux® Chicken Breast Tenders</p> <p>Vegetables (choose many) Turnip Greens French Fries</p> <p>Fruits (can choose one of each) Fresh Fruit and Fruit Cup</p>	<p>Entrees (choose one) Mar. 28</p> <p>¹Chef Salad, crackers ²Turkey & Cheese Croissant</p> <p>Vegetables (choose many) Fresh Baby Carrots Baked Beans</p> <p>Fruit (can choose one of each) Fresh Banana and Juice Box</p>	<p>Choose one option Mar. 29</p> <p>Grilled Cheese Sandwich with Green Beans, Mashed Potatoes, Fresh Fruit and Fruit Cup</p> <p>OR</p> <p>Vegetable Plate with Pinto Beans, Green Beans, Mashed Potatoes, School Roll, and Fr. Fruit, Fr. Cup</p>	<p>Entrees (choose one) Mar. 30</p> <p>¹Manager Planned Entree ²Spaghetti (Meat or Marinara Sauce)</p> <p>Vegetables (choose many) Fresh Garden Salad Steamed Fresh Broccoli</p> <p>Fruit (can choose one of each) Fresh Strawberries and Fruit Cup</p>	<p>Entrees (choose one) Mar. 31</p> <p>¹Fresh Baked Potato with <i>Toppings</i> ²Slice of Pizza</p> <p>Vegetables (choose many) Steamed Corn, Bell Pepper Strips, Fresh Cucumber Slices</p> <p>Fruit (can choose one of each) Fresh Fruit and Fruit Cup</p>