

K-12 Breakfast Menu

March 2018

Food Bytes

♥ School Breakfast

Did you wake up to school breakfast this morning? Do you know that breakfast can help you in school? Breakfast is brain fuel!

Breakfast is the most important meal of the day because it...

- Strengthens the brain
- Helps establish healthy eating habits
- Offers an opportunity to try new foods
- Improves mood and behavior
- Gives you energy
- Keeps you healthy.

With all these benefits, why wouldn't you eat breakfast?

Try school breakfast. Most schools offer breakfast each school day including a choice of entrée, fruit or 100% juice, and low fat or fat free milk. All students can participate.

March 5-9 is National School Breakfast Week (NSBW). The #NSBW2018 theme is "I ♥ School Breakfast". It encourages everyone to share how school breakfast provides a healthy, energizing start to a day of learning. Fit, healthy students are ready to learn.

1% Low-fat Milk & Fat Free Chocolate Milk offered with Breakfast and Lunch



			Thursday, March 1	Friday, March 2
			Sausage Breakfast Sandwich 100% Fruit Juice Fruit	WG Muffin 100% Fruit Juice Fruit
Monday, March 5	Tuesday, March 6	Wednesday, March 7	Thursday, March 8	Friday, March 9
Waffles w/ syrup 100% Fruit Juice Fruit	WG Donut 100% Fruit Juice Fruit	WW Bagel 100% Fruit Juice Fruit	Breakfast Burrito 100% Fruit Juice Fruit	WG Cinnamon Roll 100% Fruit Juice Fruit
Monday, March 12	Tuesday, March 13	Wednesday, March 14	Thursday, March 15	Friday, March 16
WG Cereal Yogurt 100% Fruit Juice Fruit	Biscuit & Gravy 100% Fruit Juice Fruit	Coffeecake 100% Fruit Juice Fruit	Omelet 100% Fruit Juice Fruit	French Toast Sticks w/ syrup 100% Fruit Juice Fruit
Monday, March 19	Tuesday, March 20	Wednesday, March 21	Thursday, March 22	Friday, March 23
Pancakes w/ syrup 100% Fruit Juice Fruit	WG Cinnamon Roll 100% Fruit Juice Fruit	Breakfast Pizza 100% Fruit Juice Fruit	English Muffin w/ sausage 100% Fruit Juice Fruit	WG Muffin 100% Fruit Juice Fruit
Monday, March 26	Tuesday, March 27	Wednesday, March 28	Thursday, March 29	Friday, March 30
Chef's Choice for Entrée, Grain, and Fruit	Chef's Choice for Entrée, Grain, and Fruit	Chef's Choice for Entrée, Grain, and Fruit		

Menus are subject to change.

- March**
- National Nutrition Month
 - National Agriculture Day (March 20)
 - National School Breakfast Week (March 5-9)

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This institution is an equal opportunity provider.