

# MARCH 2018

## ELEMENTARY BREAKFAST MENU

*Monday*

*Tuesday*

*Wednesday*

*Thursday*

*Friday*

### Did You Know...

An old proverb says, "March comes in a like a lion, and goes out like a lamb," which is reference to winter ending and spring beginning. Another popular saying is "March is mad as a hare," which is a reference to the animals fighting each other.

CHOICE OF CEREAL **5**  
GRAHAM  
CRACKERS  
WITH  
FRESH FRUIT/ FRUIT  
MILK/ JUICE

BREAKFAST **6**  
COOKIE  
SUNFLOWER SEEDS  
WITH  
FRESH FRUIT/ FRUIT  
MILK/ JUICE

NEW: **7**  
EGG OMELET &  
SAUSAGE LINKS  
GRAHAM CRACKERS  
WITH  
FRESH FRUIT/ FRUIT  
MILK/ JUICE

PANCAKE PODS **8**  
GRAHAM  
CRACKERS  
WITH  
FRESH FRUIT/ FRUIT  
MILK

BAGEL BAR OR **9**  
STRUDEL BAR  
SUNFLOWER SEEDS  
WITH  
FRESH FRUIT/ FRUIT  
MILK/ JUICE

CHOICE OF CEREAL **12**  
GRAHAM  
CRACKERS  
WITH  
FRESH FRUIT/ FRUIT  
MILK/ JUICE

BREAKFAST **13**  
COOKIE  
SUNFLOWER SEEDS  
WITH  
FRESH FRUIT/ FRUIT  
MILK/ JUICE

NEW: GREEK **14**  
YOGURT &  
MUFFIN  
WITH  
FRESH FRUIT/ FRUIT  
MILK/ JUICE

PANCAKE **15**  
ON A STICK  
SUNFLOWER SEEDS  
WITH  
FRESH FRUIT/ FRUIT  
MILK/ JUICE

NUTRITION BAR **16**  
SUNFLOWER SEEDS  
WITH  
FRESH FRUIT/ FRUIT  
MILK/ JUICE  
  
EARLY RELEASE – ELEM  
@11:30

CHOICE OF CEREAL **19**  
GRAHAM  
CRACKERS  
WITH  
FRESH FRUIT/ FRUIT  
MILK/ JUICE

NUTRITION BAR **20**  
SUNFLOWER SEEDS  
WITH  
FRESH FRUIT/ FRUIT  
MILK/ JUICE  
  
FIRST DAY OF SPRING

PANCAKE **21**  
ON A STICK  
SUNFLOWER SEEDS  
WITH  
FRESH FRUIT/ FRUIT  
MILK/ JUICE

POP TART **22**  
SUNFLOWER SEEDS  
WITH  
FRESH FRUIT/ FRUIT  
MILK/ JUICE  
  
EARLY RELEASE – ELEM  
@11:30

CHOICE OF CEREAL **23**  
GRAHAM  
CRACKERS  
WITH  
FRESH FRUIT/ FRUIT  
MILK/ JUICE

NO SCHOOL **26**  
  
SPRING BREAK  
  
ENJOY YOUR  
BREAK!



When you have something for breakfast, you're not going to be starving by lunch.

Breads are whole grain, wheat or whole grain white

**100% JUICE** –  
Flavors are Apple, Orange,  
Grape, Fruit Punch

MILK: 1%, Skim

**COME AND  
JOIN US FOR  
BREAKFAST**

Menu subject to change depending on availability of food product.

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