

BREAKFAST

MARCH 2019

KINGSBURY LEARNING CENTER

Breakfast Fact

My Plate recommends:

The intake of dairy products is especially important to bone health during childhood and adolescence, when bone mass is being built.

Reference: USDA. MyPlate.gov. Internet: <http://www.myplate.gov>



HEAVENLY EDIBLES & STUFF L.L.C.

* **monday**

* **tuesday**

* **wednesday**

* **thursday**

* **friday**

8 oz.
1% WHITE MILKS
&
SKIM MILK
SERVED W/ALL BREAKFAST

Weekly Nutrient Averages:

Grades: 9-12
Calories: 578
Sodium (Mg): 402
% Sat. Fat: 5/8%

FRESH APPLES
(W/G) KIX
CEREAL

4

FRESH PLUMS
(W/G) CEREAL
BARS

5

FRESH PEARS
(W/G) PANCAKES
TURKEY BACON
(Syrup)

6

FRESH ORANGES
(W/G) APPLE
CINNAMON
MUFFINS

7

FRESH BANANAS
(W/G) BAGELS
TURKEY SAUSAGE
EGGS / CHEESE
(Jelly)

8

FRESH APPLES
(W/G) RAISIN BRAN
CEREAL

11

FRESH GRAPE FRUIT
(W/G) NUTRI-GRAIN
BARS

12

FRESH PEARS
(W/G) FRENCH TOAST
TURKEY SAUSAGE
(Syrup)

13

FRESH ORANGES
(W/G) BLUEBERRY
MUFFINS

14

FRESH BANANAS
(W/G) BISCUITS
TURKEY HAM
CHEESE
(Jelly)

15

FRESH APPLES
(W/G) CHEERIOS
CEREAL

18

FRESH PLUMS
(W/G) BREAKFAST
BARS

19

FRESH PEARS
(W/G) WAFFLES
TURKEY HAM
(Syrup)

20

FRESH ORANGES
(W/G) BANANA
MUFFINS

21

FRESH BANANAS
(W/G) BISCUITS
TURKEY SAUSAGE
CHEESE (Jelly)

22

FRESH APPLES
(W/G) COLD
CEREAL

25

FRESH GRAPE FRUIT
(W/G) GRAHAM
CRACKERS
YOGURT

26

FRESH PEARS
(W/G) FRENCH TOAST
STICKS
TURKEY BACON

27

FRESH ORANGES
(W/G) ASSORTED
MUFFINS

28

FRESH BANANAS
(W/G) BAGELS
TURKEY BACON
CHEESE (Jelly)

29

LUNCH

March 2019

KINGSBURY LEARNING CENTER

* **monday**

* **tuesday**

* **wednesday**

* **thursday**

* **friday**

(8 OZ)
1% White
or
Fat Free Chocolate Served
w/ all lunches

Weekly Nutrient Averages:

Grades: 9 - 12
Calories: 839
Sodium (Mg): 707
% Sat. Fat: 7.4%

** Vegetarian Options Available

Baked Chicken / Gravy
(W/G) Rolls
Broccoli / Cauliflower
Fresh Apples

4

Cheese Pizza
(W/G) Pizza Crust
Corn / Red Peppers
Fresh Pears

5

Turkey Meat sauce
(W/G) Penne Pasta
Diced Carrots
Celery/ Onions/Tomato Sauce
Fresh Oranges

6

Chicken / Cheese
Sandwich
(W/G) Buns
Split Peas
Fresh Bananas (Mayo/Must)

7

Tuna Salad Sandwich
(W/G) Bread
Broccoli Soup
Fresh Seasonal Fruit
Fruit Cups

1

Chicken Stir Fry
(W/G) Brown Rice
Sliced Carrots / Snow Peas
Fresh Apples

11

Chicken Nuggets
(W/G) Rolls
Mashed Potatoes
Fresh Pears
(Dipping Sauce)

12

Diced Chicken
(W/G) Brown Rice
Spinach /Celery/ Onions
Tomato/Sauce
Fresh Oranges

13

Turkey Chili Meat
(W/G) Crackers
Red Beans Diced Tomatoes
Fresh Bananas

14

Chicken Salad Sandwich
(W/G) Bread
Navy Bean Soup
Fresh Seasonal Fruit
Fruit Cups

15

Curried Chicken
(W/G) Brown rice
Peas / Cabbage
Fresh Apples

18

Turkey Hot Dogs
(W/G) Buns
Veg. Baked Beans
Fresh Pears
(Ketchup / Mustard)

19

Turkey Meat Loaf
(W/G) Rolls
Broccoli / Onions
Marinara Sauce
Fresh Oranges

20

Turkey Burgers / Cheese
(W/G) Buns
Diced Carrots
Bananas
(Mayo / Mustard)

21

Turkey Ham/Cheese Sand
(W/G) Bread
Potato Soup
Fresh Seasonal Fruit / Cups
(Mayo / Mustard)

22

BBQ Chicken
(W/G) Biscuits
Green Beans / Red Onions
Fresh Apples

25

Fish Sticks
(W/G) Bread
Mashed Potatoes
Fresh Pears
(Tar-tar Sauce)

26

Macaroni & Cheese
(W/G) Elbowroni
Diced Carrots
Fresh Oranges

27

Turkey Sloppy Joes
(W/G) Buns
Split Peas /Corn
Fresh Bananas

28

Tuna Salad
(W/G) Crackers
Romaine /
Cucumbers
Fresh Plums

29

Lunch Fact

Only one in 10 American kids gets enough Vitamin D, and about four out of 10 kids get the recommended amount of calcium.

Reference: CDC; NCHS. 2007-08. Internet: <http://cdc.gov/nchs/nhanes>.

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