

Breakfast Meal Pattern - K-8th

Select a minimum of 3 components

- 1 fruit/ vegetable = 1 cup**
- fruit/juice and/or vegetable**
- 1 whole grain rich selection(s) = 1oz**
- biscuit, roll, muffin, bread, cereal**
- 1 milk = 1 Cup**
- fluid milk**

Menu is subject to change without notice

take time for
school
BREAKFAST





This institution is an equal opportunity provider.

DECA

MARCH 2022
Breakfast Calendar

PREP/Middle

	Mon	Tue	Wed	Thu	Fri
		1 Blueberry Elfin Banana /100% Juice Cherry Craisins Milk	2 Donuts Breakfast Bar 100% Fruit Juice Applesauce Cup Milk	3 Yogurt Scooby Sticks 100% Fruit Juice Raisins Milk	4 Cinnamon Bun 100% Fruit Juice Apple Milk
7	Pop Tarts Apple Juice Cranberries Milk	8 Chat Snax Yogurt Banana 100%Fruit Juice Milk	9 Chocolate Chocolate Chip Muffin Grapes Fruit Juice Milk	10 Cold Cereal Cinnamon Goldfish Apple Slices 100% Fruit Juice Milk	11 Mini Donuts 100% Fruit Juice Applesauce Cup Milk
14	Cold Cereal Chewy Granola 100% Fruit Juice Cherry Craisins Milk	15 Breakfast Bar Graham Crackers 100% Fruit Juice Banana Milk	16 Yogurt Scooby Sticks 100% Fruit Juice Apple Milk	17 Mini Muffins 100% Fruit Juice Strawberry Craisins Milk	18 NO SCHOOL
21	NO SCHOOL	22 NO SCHOOL	23 NO SCHOOL	24 NO SCHOOL	25 NO SCHOOL
					
28	NO SCHOOL	29 NO SCHOOL	30 NO SCHOOL	31 NO SCHOOL	4/1 NO SCHOOL
