

## MARCH 2023 PREP-MIDDLE Breakfast Calendar

Breakfast Meal Pattern - K-8th

Select a minimum of 3 components

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

Menu is subject to change  
without notice



**This institution is an  
equal opportunity  
provider.**

Mon	Tue	Wed	Thu	Fri
		1 Cold Cereal Cinnamon Goldfish Banana 100% Fruit Juice Milk	2 Animal Crackers Cheese Stick 100% Fruit Juice Craisins Milk	3 Pop Tart Cheddar Goldfish 100% Fruit Juice Apple Milk
6 NO SCHOOL 	7 Cinnamon Bun 100% Fruit Juice Applesauce Cup Milk	8 Apple Frudel 100% Fruit Juice Banana Milk	9 Cereal Bar 100% Fruit Juice Apple Milk	10 Mini Muffins 100% Fruit Juice Cherry Craisins Milk
13 Cinnamon Toast Cream Cheese Pastry 100% Fruit Juice Applesauce Cup Milk	14 Cereal Bar GoGurt 100% Fruit Juice Cranberries Milk	15 Pop Tart Cheddar Goldfish 100% Fruit Juice Apple Slices Milk	16 Super Donut Cheese Sticks Cranberries 100% Fruit Juice Milk	17 NO SCHOOL 
20 NO SCHOOL	21 NO SCHOOL	22 NO SCHOOL	23 NO SCHOOL	24 NO SCHOOL
27 NO SCHOOL	28 NO SCHOOL	29 NO SCHOOL	30 NO SCHOOL	31 NO SCHOOL