

MARCH 2023 Breakfast Calendar

Breakfast Meal Pattern - 9th-12th

Select a minimum of 3 components

- fruit/ vegetable = 1 cup
- fruit/juice and/or vegetable
- whole grain rich selection(s) = 2oz -
- 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 Danish Pastry Yogurt Banana Applesauce Cup Milk	2 Mini Muffin Cheese Stick 100% Fruit Juice Craisins Milk	3 Toaster Pastry Goldfish 100% Fruit Juice Apple Milk
6 NO SCHOOL 	7 Cold Cereal Cookies Cream Granola Bar 100% Fruit Juice Banana	8 Donuts Cheese Sticks 100% Fruit Juice Cranberries Milk	9 Cereal Bar Yogurt 100% Fruit Juice Apple Milk	10 Cherry Strudel Yogurt 100% Fruit Juice Applesauce Cup Milk
13 Cinnamon Toast Cream Cheese Pastry 100% Merry Cherry Applesauce Cup Milk	14 Super Donut GoGurt 100% Merry Cherry Banana Milk	15 Pop Tart Cheddar Goldfish 100% Fruit Juice Apple Slices Milk	16 Scrambled Eggs Cinnamon Pull Apart Peaches 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