

K-8 Breakfast



*Grades K-8
Breakfast Menu
Spring 2025*

Breakfast includes:
Choice of 1 Entree,
1-2 Fruits, and 1 Milk

Menu subject to change
due to item availability

Vegetarian options are
available upon request

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|---|---|---|
| <i>Week 1</i> | Mar 10 | Mar 11 | Mar 12 | Mar 13 | Mar 14 |
| Entree Fruit (Choose 1-2) Milk (Choose 1) | <ul style="list-style-type: none"> Turkey Sausage Biscuit or Cereal w/ Cheese Stick Fresh Fruit Chilled Peaches Assorted Milk | <ul style="list-style-type: none"> Mini Creamy Cheese Bagels or Muffin w/Boiled Egg Fresh Fruit 100% Fruit Juice Assorted Milk | <ul style="list-style-type: none"> Banana Bread or Cereal & Yogurt Cup Fresh Fruit Chilled Pears Assorted Milk | <ul style="list-style-type: none"> Country Steak Biscuit or Pop Tart w/ Cheese Stick Fresh Fruit 100% Fruit Juice Assorted Milk | <ul style="list-style-type: none"> Mini Waffles or Cereal w/ Cheese Stick Fresh Fruit Chilled Pineapple Assorted Milk |
| <i>Week 2</i> | Mar 17 | Mar 18 | Mar 19 | Mar 20 | Mar 21 |
| Entree Fruit (Choose 1-2) Milk (Choose 1) | <ul style="list-style-type: none"> Yogurt Parfait w/ Granola or Cereal w/ Cheese Stick Mandarin Oranges Fresh Fruit Assorted Milk | <ul style="list-style-type: none"> Turkey Sausage Breakfast Pizza or Muffin w/Boiled Egg Fresh Fruit 100% Fruit Juice Assorted Milk | <ul style="list-style-type: none"> Egg & Cheese Biscuit or Cereal & Yogurt Cup Applesauce Cup Fresh Fruit Assorted Milk | <ul style="list-style-type: none"> Banana Bread Slice or Pop Tart w/ Cheese Stick Fresh Fruit 100% Fruit Juice Assorted Milk | <ul style="list-style-type: none"> Mini Pancakes or Cereal w/ Cheese Stick Fresh Fruit Mixed Fruit Assorted Milk |
| <i>Week 3</i> | Mar 24 | Mar 25 | Mar 26 | Mar 27 | Mar 28 |
| Entree Fruit (Choose 1-2) Milk (Choose 1) | <ul style="list-style-type: none"> Goody Bun or Cereal w/Cheese Stick Fresh Fruit Chilled Peaches Assorted Milk | <ul style="list-style-type: none"> Mini Cinnis or Muffin w/ Boiled Egg Banana 100% Fruit Juice Assorted Milk | <ul style="list-style-type: none"> Egg-Cheese Eng. Muffin or Cereal & Yogurt Cup Fresh Fruit Chilled Pears Assorted Milk | <ul style="list-style-type: none"> Chicken Biscuit or Pop Tart w/ Cheese Stick Fresh Fruit Chilled Fruit Assorted Milk | <ul style="list-style-type: none"> Mini Creamy Cheese Bagels w/Cheese Stick Fresh Fruit Craisins Assorted Milk |

Alternative Entree Options

Nutrition Bites

March's *Nutrition Bites*: Kale is the Virginia harvest of the month! Packed with vitamins A, C, and K, plus fiber and antioxidants, it's a superfood that supports strong bones and a healthy immune system. Try adding kale to smoothies, salads, or crispy kale chips at home for a tasty, nutritious snack!