



MARCH | 2017

BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
National Breakfast Week March 6-10		1 Cereal Fruit/Fruit Juice Milk	2 Mini Bagels Fruit/Fruit Juice Milk	3 Breakfast Bite Donuts Fruit/Fruit Juice Milk
6 Cereal Graham Cookie Fruit/Fruit Juice Milk	7 Mini Donuts Fruit/Fruit Juice Milk	8 Cereal Fruit/Fruit Juice Milk	9 Mini Waffles Fruit/Fruit Juice Milk	10 Honey Bun Donut Fruit/Fruit Juice Milk
13 Cereal Muffin Fruit/Fruit Juice Milk	14 Pop Tart Cheese Stick Fruit/Fruit Juice Milk	15 Cereal Fruit/Fruit Juice Milk	16 Mini Pancakes Fruit/Fruit Juice Milk	17 Egg & Bacon Breakfast Pizza Fruit/Fruit Juice Milk
20 Cereal Graham Cookie Fruit/Fruit Juice Milk	21 Pillsbury Mini Cinnis Fruit/Fruit Juice Milk	22 Cereal Fruit/Fruit Juice Milk	23 Waffle Sausage Sandwich Fruit/Fruit Juice Milk	24 Mini Donuts Fruit/Fruit Juice Milk
27 SPRING BREAK	28 SPRING BREAK	29 SPRING BREAK	30 SPRING BREAK	31 SPRING BREAK

Breakfast – \$1.25
 Reduced – \$.30
 Qualify for Free Lunch – Free Breakfast

HARVEST OF THE MONTH

BROCCOLI/CAULIFLOWER



Broccoli and Cauliflower are low in calories, high in vitamin C, and a good source of both folate and vitamin A. Broccoli has as much calcium ounce-per-ounce as milk! The thick green leaves surrounding the head of cauliflower protect the flower buds from sunlight and does not allow chlorophyll to develop...of course resulting in a white veggie