



March 2019

In Season Brussels Sprouts

Brussels sprouts are a good source of fiber, manganese, potassium, choline, and B vitamins

You can steam brussels sprouts and toss them with olive oil, Parmesan cheese, or butter.



Monday

Tuesday

Wednesday

Thursday

Friday

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Assorted Breakfast Sandwiches **1**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

4 oz. NY Yogurt w/ Pop Tart **4**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Breakfast on a Stick **5**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Ultimate Breakfast Round **6**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

4 oz. NY Yogurt W/ Muffin **7**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

8
No School

French Toast Sticks **11**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Pancakes W/Syrup **12**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Breakfast Pizza **13**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Breakfast on a Stick **14**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Assorted Breakfast Sandwiches **15**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Waffles W/ Fruit or Syrup **18**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Breakfast on a Stick **19**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

French Toast Sticks **20**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

4 oz. NY Yogurt W/ Muffin **21**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Assorted Breakfast Sandwiches **22**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Ultimate Breakfast Round **25**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Breakfast on a Stick **26**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Cheese Omelet w/ 1/2 Bagel **27**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Waffles W/ Fruit Or Syrup **28**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Assorted Breakfast Sandwiches **29**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Announcements

Choices Available Daily:

- Assorted Cereal,
- Assorted Cereal W/1/2 bagel,
- Bagel w/ Cream Cheese

Milk Choices:

- 1% White, Skim White, & Skim Chocolate

Menu subject to change without notice.

Meal Prices

Breakfast and Lunch will be served at NO COST to students for the 18/19 school year!

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