

MARCH 2019

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

DID YOU KNOW...

Alexander Graham Bell made the first ever phone call on 10 March 1876. He called his assistant and said "Mr Watson, come here. I want to see you."

National School Breakfast Week

March 4-8, 2019
Milk Choices Daily
1% White, Skim White

Adult Meal Price for Breakfast is \$2.20

Menus are subject to change based on product availability.

Nutrition News

Eating a nutritious breakfast helps everyone fuel up for success in the classroom and beyond!

Fats in milk products, meat and fish help your body build healthy nerves and fight off disease. Drink more milk!

One should eat to live, not live to eat.

This institution is an equal opportunity provider.

4
Super Sonic Breakfast Pizza
OR
Dutch Waffle Wheelz
w/Choice of Cereal
Turbo Baked Apples
Futuristic Fruit Juice
Milk Moover

5
Hybrid Chex Snack Mix
w/String Cheese
OR
Strawberry Splash Pancakes
Manual Mandarin Oranges
Crash Tested Fruit Juice
Milk Moover

6
Choice of Sporty Yogurt Cups
w/Blueberry Muffin
OR
French Toast Stix w/Syrup
Choice of Powerful Cereal
Classic Orange Slices
Speedy Fruit Juice
Milk Moover

7
"Super Boom Boom Breakfast"
Grits w/Scrambled Eggs
4-Wheel Drive Sausage
Powerful WG Roll
Crash Tested Fruit Juice
Milk Moover

8
Choice of Customized Fruit
Grain Bar & Cereal
OR
Biscuit w/Chicken Patty
Fresh Tuned Strawberry Cup
Fast Fruit Juice
Milk Moover

11
French Toast Sticks
Pineapple Tidbits
Fruit Juice

12
Breakfast Pizza
Diced Peaches
Fruit Juice

13
Muffin
Diced Peaches
Fruit Juice

14
Biscuit
w/Turkey Sausage Patty
Applesauce
Fruit Juice

15
Pop Tart
Mandarin Orange
Fruit Juice

18
French Toast Sticks
Mixed Fruit
Fruit Juice

19
Biscuit w/Turkey Sausage Patty
Sliced Peaches
Fruit Juice

20
Buttered Toast
w/Scrambled Eggs
Orange Slices
Fruit Juice

21
Apple Frudel
Diced Peaches
Fruit Juice

22
Breakfast Pizza
Applesauce
Fruit Juice

25
Chicken Patty w/Biscuit
Sliced Peaches
Fruit Juice

26
Breakfast Pizza
Diced Peaches
Fruit Juice

27
Mini Blueberry Pancakes
Mandarin Orange
Fruit Juice

28
Biscuit w/Turkey Sausage Patty
Pineapple Tidbits
Fruit Juice

29
Pop Tart
Applesauce
Fruit Juice

MARCH 2019

Florence 3 School District

K-6 Elementary (Breakfast) ***Every student who eats breakfast everyday during National School Breakfast week will receive a "treat bag" along with their lunch meal on Friday.***

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National School Breakfast Week

March 4-8, 2019

Milk Choices Daily

1% White, Skim White, Fat Free Chocolate, Fat Free Vanilla, Fat Free Strawberry

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*** 4
Super Sonic Breakfast Pizza OR
Dutch Waffle Wheelz w/Choice of Cereal
Turbo Baked Apples
Futuristic Fruit Juice
Milk Moover

*** 5
Hybrid Chex Snack Mix w/String Cheese OR
Strawberry Splash Pancakes
Manual Mandarin Oranges
Crash Tested Fruit Juice
Milk Moover

*** 6
Choice of Sporty Yogurt Cup w/Blueberry Muffin OR
French Toast Stix w/Syrup
Choice of Powerful Cereal
Classic Orange Slices
Speedy Fruit Juice
Milk Moover

*** 7
"Super Boom Boom Breakfast"
Grits w/Scrambled Eggs
4-Wheel Drive Sausage
Powerful WG Roll
Crash Tested Fruit Juice
Milk Moover

*** 8
Choice of Customized Fruit Grain Bar & Cereal OR
Biscuit w/Chicken Patty
Fresh Tuned Strawberry Cup
Fast Fruit Juice
Milk Moover

11
French Toast Sticks w/Syrup
Pineapple Tidbits
Fruit Juice

12
Breakfast Pizza
Diced Peaches
Fruit Juice

13
Muffin
Diced Peaches
Fruit Juice

14
Grits w/Turkey Sausage Patty
Applesauce
Fruit Juice

15
Pancake w/Sausage on a Stick
Mandarin Orange
Fruit Juice

18
French Toast Sticks w/Syrup
Mixed Fruit
Fruit Juice

19
Waffle w/Syrup
Sliced Peaches
Fruit Juice

20
Buttered Toast w/Scrambled Eggs
Orange Slices
Fruit Juice

21
Breakfast Bites
Diced Peaches
Fruit Juice

22
Breakfast Pizza
Applesauce
Fruit Juice

25
Chicken Patty w/Biscuit
Sliced Peaches
Fruit Juice

26
Breakfast Pizza
Diced Peaches
Fruit Juice

27
Mini Blueberry Pancakes w/Syrup
Mandarin Orange
Fruit Juice

28
Grits w/Turkey Sausage Patty
Pineapple Tidbits
Fruit Juice

29
Pancake w/Sausage on a Stick
Applesauce
Fruit Juice

MARCH 2019

Florence 3 School District

J. Paul Truluck, Ronald McNair & Lake City High

(Breakfast) ***Every student who eats breakfast everyday during National School Breakfast week will receive an "Ice Cream Treat & Bracelet" along with their lunch meal on Friday.***

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Futuristic Fruit Juice
Milk Moover

5
Hybrid Chex Snack Mix
w/String Cheese
OR
Strawberry Splash Pancakes
Manual Mandarin Oranges
Crash Tested Fruit Juice
Milk Moover

6
Choice of Sporty Yogurt Cups
w/Blueberry Muffin
OR
French Toast Stix w/Syrup
Choice of Powerful Cereal
Classic Orange Slices
Speedy Fruit Juice
Milk Moover

7
"Super Boom Boom Breakfast"
Grits w/Scrambled Eggs
4-Wheel Drive Sausage
Powerful WG Roll
Crash Tested Fruit Juice
Milk Moover

8
Choice of Customized Fruit
Grain Bar & Cereal
OR
Biscuit w/Chicken Patty
Fresh Tuned Strawberry Cup
Fast Fruit Juice
Milk Moover

11
French Toast Sticks
Pineapple Tidbits
Fruit Juice

12
Breakfast Pizza
Or
Muffin
Diced Pears
Fruit Juice

13
Muffin
Or
Pop Tart & Cereal
Diced Peaches
Fruit Juice

14
Grits w/Turkey Sausage Patty
Applesauce
Fruit Juice

15
Pancake w/Sausage on a Stick
Or
Muffin
Mandarin Orange
Fruit Juice

18
French Toast Sticks
Mixed Fruit
Fruit Juice

19
Waffle w/Syrup
Or
Pop Tart & Cereal
Sliced Peaches
Fruit Juice

20
Breakfast Bites
Or
Breakfast Cereal Bar
Orange Slices
Fruit Juice

21
Grits w/Turkey Sausage Patty
Diced Pears
Fruit Juice

22
Breakfast Pizza
Or
Muffin
Applesauce
Fruit Juice

25
Chicken Patty w/Biscuit
Or
Yogurt & Cheese Stick
Sliced Peaches
Fruit Juice

26
Breakfast Pizza
Or
Muffin
Diced Pears
Fruit Juice

27
Mini Blueberry Pancakes
w/Syrup
Mandarin Orange
Fruit Juice

28
Grits w/Turkey Sausage Patty
Pineapple Tidbits
Fruit Juice

29
Pancake w/Sausage on a Stick
Or
Muffin
Applesauce
Fruit Juice