

# MARCH 2023



# BREAKFAST

## NATIONAL SCHOOL BREAKFAST WEEK --- MARCH 6-10, 2023

<b>7-8 Grades (DREM)</b> <i>"This institution is an equal opportunity provider."</i>		Healthy eating is not about sticking to strict diets or depriving yourself of the foods you love. Rather, it's about eating a balanced range of foods that help you feel great, have more energy, improve your outlook, and help you achieve and maintain a healthy weight.		
		Menus are subject to change based on product availability.		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Milk Choices Daily: Low-Fat White, Fat Free White or Fat Free Chocolate  <b>Adult Meal Price: \$3.07</b>		Breakfast Pizza <u>or</u> Cereal Bowl Yogurt Parfait Assorted Chilled Fruit Cup Fruit Juice	Pancake Pup <u>or</u> Muffin Yogurt Parfait Cereal Bowl Assorted Chilled Fruit Cup Fruit Juice	Sausage Patty Toast Cereal Bowl Assorted Chilled Fruit Cup Fruit Juice
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>"Dig in to School Breakfast"</i> 6 Grits w/Scrambled Egg & Sausage <u>or</u> Yogurt Parfait Biscuit Assorted Chilled Fruit Cup Fresh Fruit Fruit Juice	<i>"Build Your Own at the Zone"</i> 7 Chicken Bites w/Waffle <u>or</u> Yogurt Parfait Cereal Assorted Chilled Fruit Cup Fresh Fruit Fruit Juice	<i>"Detour for Construction"</i> 8 Pepperoni or Cheese Pizza w/Sweet Potato Tots <u>or</u> Pop Tart w/Cereal Bowl Assorted Chilled Fruit Cup Fresh Fruit Fruit Juice	<i>"STOP"</i> 9 Chicken Bites w/Seasoned Hash Brown Rounds <u>or</u> Yogurt Parfait Pop Tart w/Cereal Bowl Assorted Chilled Fruit Cup Fresh Fruit Fruit Juice	<i>"What's In Your Toolbox?"</i> 10 Turkey Bacon w/Cheese Toast <u>or</u> Nutri-Grain Bar w/Cereal Bowl Assorted Chilled Fruit Cup Fresh Fruit Fruit Juice
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sausage Patty Grits Bowl Cereal Bowl Assorted Chilled Fruit Cup Fruit Juice	Mini Banana or Blueberry Loaf Yogurt Cereal Bowl Assorted Chilled Fruit Cup Fruit Juice	Breakfast Pizza <u>or</u> Cereal Bowl Yogurt Parfait Assorted Chilled Fruit Cup Fruit Juice	Pancake Pup <u>or</u> Muffin Yogurt Parfait Cereal Bowl Assorted Chilled Fruit Cup Fruit Juice	Teacher Workday No School for Students
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Nutri-Grain Bar Muffin Yogurt Parfait Cereal Bowl Assorted Chilled Fruit Cup Fruit Juice	Chicken Bites Seasoned Potato Rounds Assorted Chilled Fruit Cup Fruit Juice	Breakfast Pizza <u>or</u> Cereal Bowl Yogurt Parfait Assorted Chilled Fruit Cup Fruit Juice	Chicken Bites w/Mini Pancakes & Syrup <u>or</u> Muffin Yogurt Parfait Cereal Bowl Assorted Chilled Fruit Cup Fruit Juice	Pop Tart Cereal Bowl Assorted Chilled Fruit Cup Fruit Juice
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sausage Patty Grits Bowl Cereal Bowl Assorted Chilled Fruit Cup Fruit Juice	Mini Banana or Blueberry Loaf Yogurt Cereal Bowl Assorted Chilled Fruit Cup Fruit Juice	Breakfast Pizza <u>or</u> Cereal Bowl Yogurt Parfait Assorted Chilled Fruit Cup Fruit Juice	Pancake Pup <u>or</u> Muffin Yogurt Parfait Cereal Bowl Assorted Chilled Fruit Cup Fruit Juice	Sausage Patty Toast Cereal Bowl Assorted Chilled Fruit Cup Fruit Juice