

# MARCH 2023



**FLORENCE SCHOOL DISTRICT 3**  
A PREMIER DISTRICT OF CHOICE



# BREAKFAST

**DR. SEUSS DAY --- MARCH 2, 2023**

**~~~ NATIONAL SCHOOL BREAKFAST WEEK --- MARCH 6-10, 2023**



## K-8 Grades (SES)

"This institution is an equal opportunity provider."

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
<p>Milk Choices Daily: Low-Fat White, Fat Free White or Fat Free Chocolate</p> <p><b>Adult Meal Price: \$3.07</b></p>		<p>1</p> <p>Breakfast Pizza Assorted Chilled Fruit Cup Fruit Juice</p>	<p>2</p> <p><b>"Try them! Try them! And You May."</b></p> <p>Toasted Bagel Egg Patty &amp; Ham Slice Yogurt Cereal Bowl Assorted Chilled Fruit Fruit Juice</p>	<p>3</p> <p>Sausage Patty Toast Cereal Bowl Assorted Chilled Fruit Cup Fruit Juice</p>
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>6</p> <p><b>"Dig in to School Breakfast"</b></p> <p>Grits w/Scrambled Egg &amp; Sausage <u>or</u> Yogurt Parfait Biscuit Assorted Chilled Fruit Cup Fresh Fruit Fruit Juice</p>	<p>7</p> <p><b>"Build Your Own at the Zone"</b></p> <p>Chicken Bites w/Waffle <u>or</u> Yogurt Parfait Cereal Assorted Chilled Fruit Cup Fresh Fruit Fruit Juice</p>	<p>8</p> <p><b>"Detour for Construction"</b></p> <p>Pepperoni or Cheese Pizza w/Sweet Potato Tots <u>or</u> Pop Tart w/Cereal Bowl Assorted Chilled Fruit Cup Fresh Fruit Fruit Juice</p>	<p>9</p> <p><b>"STOP"</b></p> <p>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</p>	<p>10</p> <p><b>"What's In Your Toolbox?"</b></p> <p>Turkey Bacon w/Cheese Toast <u>or</u> Nutri-Grain Bar w/Cereal Bowl Assorted Chilled Fruit Cup Fresh Fruit Fruit Juice</p>
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>13</p> <p>Sausage Patty Grits Bowl Cereal Bowl Assorted Chilled Fruit Cup Fruit Juice</p>	<p>14</p> <p>Mini Pancakes w/Syrup Muffin Cereal Bowl Assorted Chilled Fruit Cup Fruit Juice</p>	<p>15</p> <p>Breakfast Pizza Assorted Chilled Fruit Cup Fruit Juice</p>	<p>16</p> <p>Nutri-Grain Bar Muffin Yogurt Cereal Bowl Assorted Chilled Fruit Cup Fruit Juice</p>	<p>17</p> <p><b>Teacher Workday No School for Students</b></p>
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>20</p> <p>Nutri-Grain Bar Muffin Yogurt Cereal Bowl Assorted Chilled Fruit Cup Fruit Juice</p>	<p>21</p> <p>Scrambled Eggs Seasoned Hash Brown Assorted Chilled Fruit Cup Fruit Juice</p>	<p>22</p> <p>Breakfast Pizza Assorted Chilled Fruit Cup Fruit Juice</p>	<p>23</p> <p>Nutri-Grain Bar Muffin Yogurt Cereal Bowl Assorted Chilled Fruit Cup Fruit Juice</p>	<p>24</p> <p>Pop Tart Cereal Bowl Assorted Chilled Fruit Cup Fruit Juice</p>
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>27</p> <p>Sausage Patty Grits Bowl Cereal Bowl Assorted Chilled Fruit Cup Fruit Juice</p>	<p>28</p> <p>Mini Banana or Blueberry Loaf Yogurt Cereal Bowl Assorted Chilled Fruit Cup Fruit Juice</p>	<p>29</p> <p>Breakfast Pizza Assorted Chilled Fruit Cup Fruit Juice</p>	<p>30</p> <p>Nutri-Grain Bar Muffin Yogurt Cereal Bowl Assorted Chilled Fruit Cup Fruit Juice</p>	<p>31</p> <p>Sausage Patty Toast Cereal Bowl Assorted Chilled Fruit Cup Fruit Juice</p>