

MARCH COLD BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 <ul style="list-style-type: none"> apple muffin/ fruit corn chex/ string cheese/ fruit
4 <ul style="list-style-type: none"> *NEW* cinnamon chex/ fruit zee zee berry apple crisp bar/ fruit 	5 <ul style="list-style-type: none"> mini french toast muffin/ string cheese/ fruit plain bagel w/ cream cheese/ fruit 	6 <ul style="list-style-type: none"> yogurt/ honey grahams/ fruit lemon muffin/ fruit 	7 <ul style="list-style-type: none"> blueberry bagel w/ cream cheese/ fruit string cheese/ cinnamon grahams/ fruit 	8 <ul style="list-style-type: none"> multigrain cheerios/ string cheese zee zee cinnamon crisp bar/ fruit
11 <ul style="list-style-type: none"> yogurt/ granola/ fruit string cheese/ cinnamon grahams/ fruit 	12 <ul style="list-style-type: none"> blueberry bagel w/ cream cheese/ fruit apple muffin/ fruit 	13 <ul style="list-style-type: none"> cinnamon crumble/ fruit zee zee berry apple crisp bar/ fruit 	14 <ul style="list-style-type: none"> banana muffin/ fruit plain bagel w/ cream cheese/ fruit 	15 <ul style="list-style-type: none"> yogurt/ honey grahams/ fruit zee zee cinnamon crisp bar/ fruit
18 <ul style="list-style-type: none"> corn chex/ string cheese/ fruit yogurt/ granola/ fruit 	19 <ul style="list-style-type: none"> plain bagel w/ cream cheese/ fruit yogurt/ honey grahams/ fruit 	20 <ul style="list-style-type: none"> blueberry muffin/ fruit zee zee cinnamon crisp bar/ fruit 	21 <ul style="list-style-type: none"> yogurt/ honey grahams/ fruit blueberry bagel w/ cream cheese/ fruit 	22 <ul style="list-style-type: none"> zee zee berry apple crisp bar/ fruit multigrain cheerios/ string cheese/ fruit
25 <ul style="list-style-type: none"> cinnamon chex/ fruit yogurt/ cinnamon grahams/ fruit 	26 <ul style="list-style-type: none"> blueberry bagel w/ cream cheese/ fruit mini lemon muffin/ string cheese/ fruit 	27 <ul style="list-style-type: none"> zee zee berry apple crisp bar/ fruit multigrain cheerios/ string cheese/ fruit 	28 <ul style="list-style-type: none"> plain bagel w/ cream cheese/ fruit string cheese/ cinnamon grahams/ fruit 	29 <ul style="list-style-type: none"> yogurt/ honey grahams/ fruit lemon muffin/ fruit

NATIONAL SCHOOL BREAKFAST WEEK IS MARCH 4-8!



DID YOU KNOW?

Studies show that students who eat breakfast have improved attention and memory, which leads to higher reading and math scores!

Breakfast: choice of 1% or fat-free milk; fresh fruit served daily except when fruit juice is offered.