

# March 2018

Type Your School Name Here

## BREAKFAST



**School Information:** FRUIT, JUICE, MILK SERVED DAILY



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday



PANCAKES OR  
WAFFLES  
BACON

5

CEREAL  
YOGURT  
BISCUIT

6

BREAKFAST COMBO  
HASHBROWN

7

GREEN EGGS  
HAM  
TOAST

1

SAUSAGE  
BISCUIT  
GRAVY

2

PANCAKE ON A  
STICK  
YOGURT

12

APPLE OR  
BAVARIAN CREAM  
CRISPITO

13

CHEESE OMELET  
SAUSAGE

14

BAGEL & CREAM  
CHEESE  
SAUSAGE LINKS

8

SAUSAGE  
BISCUIT  
GRAVY

9

EGG, BACON  
CHEESE  
CROISSANT

15

NO SCHOOL

16

NO SCHOOL

19

NO SCHOOL

20

NO SCHOOL

21

NO SCHOOL

22

NO SCHOOL

23

BISCUIT  
SCRAMBLED EGG  
HASHBROWN

26

CEREAL  
BISCUIT

27

HAM, EGG, CHEESE  
SANDWICH

28

BROWN SUGAR  
MUFFIN  
BACON

29

SAUSAGE  
GRAVY  
BISCUIT

30