Tips & Information

Established in 1989, the National School Breakfast week was created to remind and encourage all students to eat a nutritious breakfast. Research has shown eating breakfast in the morning provides the fuel children need to perform all day. Look to fresh fruits, vegetables, nuts, yogurt or toast for a quick and delicious meal.

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"or:" = An alternative selection to choose. "WG"=Whole Grain 1% White & 1%Chocolate Milk available daily.



	1	2	3	4
Cinnamon Toast Crunch Cereal	WG Cinnamon French Toast	Dannon Nonfat Creamy Yogurt	Jumbo Waffle	WG Raspberry Bar
Animal Grahams Mandarin Orange Apple Juice 1% White Milk	Turkey Sausage Fresh Apple 1% White Milk	Fresh Apple 1% White Milk	Turkey Sausage Fresh Banana Orange Juice 1% White Milk	Fresh Banana Orange Juice 1% White Milk
7	8	9	10	11
Frosted Flakes	Jumbo Waffle	WG Bagel w/Cream cheese	WG Pancake	WG Apple Roll
Mini Vanilla Wafers Pineapple Tidbits Apple Juice 1% White Milk	Turkey Sausage Fresh Apple 1% White Milk	Fresh Apple 1% White Milk	Turkey Sausage Fresh Banana Orange Juice 1% White Milk	Fresh Banana Orange Juice 1% White Milk
14	15	16	17St.Patrick's Day	18
Trix Cereal Bar	WG Pancake	Dannon Nonfat Creamy Yogurt	WG Cinnamon French Toast	WG Goody Bun
Animal Grahams Diced Pears Orange Juice 1% White Milk	Turkey Sausage Fresh Apple 1% White Milk	Fresh Apple 1% White Milk	Turkey Sausage Fresh Banana Orange Juice 1% White Milk	Fresh Banana Orange Juice 1% White Milk
21	22	23	24	25
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28	29	30	31	