

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
					Breakfast Sandwich Fruit Assorted Juice Milk
WEEK OF 4 th - 8 th Cycle 1	MARDI GRAS	MARDI GRAS	MARDI GRAS	MARDI GRAS	MARDI GRAS
WEEK OF 11 th - 15 th Cycle 2	French Toast Sticks Sausage Fruit Assorted Juice Milk	Grits Cheese Quesadilla or Shiver Shock Smoothie Fruit Assorted Juice Milk	Cereal Yogurt Fruit Assorted Juice Milk	Biscuit Sausage Fruit Assorted Juice Milk	
WEEK OF 18 th - 22 nd Cycle 3	Pancakes Sausage Fruit Assorted Juice Milk	Ham & Cheese Croissant Fruit Assorted Juice Milk	Cinni Mini Yogurt Fruit Assorted Juice Milk	Chicken Biscuit Fruit Assorted Juice Milk	Pop Tart & Yogurt Fruit Assorted Juice Milk
WEEK OF 25 th - 28 th Cycle 4	Breakfast Sandwich Fruit Assorted Juice Milk	Beef Steak # 10003 Biscuit Fruit Assorted Juice Milk	Muffin Cheese String or Shiver Shock Smoothie Fruit Assorted Juice Milk	Grits Sausage Biscuit Fruit Assorted Juice Milk	Mini Pancake Coated Sausage Bites Yogurt Fruit Assorted Juice Milk

****MENUS ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE****

MARCH

ALL MEALS SERVED WITH CHOICE OF MILK:

- UNFLAVORED 1% LOW FAT
- UNFLAVORED SKIM
- FAT FREE STRAWBERRY
- FAT FREE CHOCOLATE

FRESH, CANNED OR FROZEN FRUIT
SERVED DAILY

100% FORTIFIED FRUIT JUICE SERVED
DAILY

Fun Fact:

You've heard in a million times before: "Breakfast is the most important meal of the day!" Most nutritionists agree that beginning your day with a nourishing breakfast is essential for one reason or another. It is what fuels you for your day ahead. Homemade or poured from a cereal box, breakfast can be the tastiest and most creative meal of the day. Whether you enjoy sipping green smoothies or chowing down on gooey cinnamon rolls, it is perfectly normal.

There are no rules for breakfast!