



National School Breakfast Week is March 7 – 11. Check with your school nutrition team to see how you can celebrate National School Breakfast Week at your school this year!

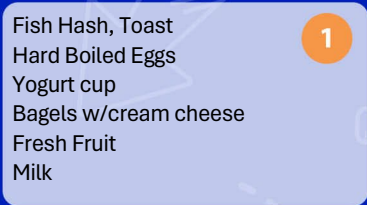
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



French Toast
Sausage Link
Yogurt cup
Bagels w/ cream cheese
Fresh fruit
Milk

4

Hot or cold cereal
Donuts
Yogurt cup
Bagels w/ cream cheese
Fresh fruit
Milk

5

Potato bowl: eggs &
Sausage, Toast
Yogurt cup
Bagels w/ cream cheese
Fresh fruit
Milk

6

National Cereal Day
Hot or cold Cereal
Toast
Yogurt Parfait
Bagels w/ cream cheese
Fresh fruit, Milk

7

Fish Hash, Toast
Hard Boiled Eggs
Yogurt cup
Bagels w/cream cheese
Fresh Fruit
Milk

1

Waffles w/ sausage link
Strawberry cup
Yogurt cup
Bagels w/ cream cheese
Fresh fruit
Milk

11

Hot or cold cereal
Banana Bread
Yogurt Parfait
Bagels w/ cream cheese
Fresh fruit
Milk

12

Scrambled eggs w/
cheese, hashbrown, toast
Yogurt cup
Bagels w/ cream cheese
Fresh fruit
Milk

13

French Toast
Sausage link
Yogurt cup
Bagels w/ cream cheese
Fresh fruit
Milk

14

Biscuit & Gravy
Hardboiled egg
Yogurt cup
Bagels w/ cream cheese
Fresh fruit
Milk

15

Pancake on a Stick
Applesauce cup
Yogurt cup
Bagels w/ cream cheese
Fresh fruit
Milk

18

Hot or cold cereal
Muffin
Yogurt Parfait
Bagels w/ cream cheese
Fresh fruit
Milk

19

Potato bowl: eggs &
cheese, Toast
Yogurt cup
Bagels w/ cream cheese
Fresh fruit
Milk

20

Waffles w/ sausage link
Strawberry cup
Yogurt cup
Bagels w/ cream cheese
Fresh fruit
Milk

21

Breakfast sandwiches
Hashbrowns
Yogurt cup
Bagels w/ cream cheese
Fresh fruit
Milk

22

French Toast
Sausage link
Yogurt cup
Bagels w/ cream cheese
Fresh fruit
Milk

25

Hot or cold cereal
Cinnamon roll
Yogurt Parfait
Bagels w/ cream cheese
Fresh fruit
Milk

26

Scrambled eggs w/
bacon, cheese,
hashbrowns and toast
Yogurt cup
Bagels w/ cream cheese
Fresh fruit
Milk

27

Pancakes w/ sausage link
Applesauce cup
Yogurt cup
Bagels w/ cream cheese
Fresh fruit
Milk

28

Breakfast Burrito: eggs,
potato, chorizo
Yogurt cup
Bagels w/ cream cheese
Fresh fruit
Milk

29



March is National Nutrition Month! To celebrate, try eating at least one new food each week. Keep it interesting by picking out new foods you've never tried before, like mango, lentils, quinoa, kale, or sardines.

References: Academy of Nutrition & Dietetics, USDA MyPlate

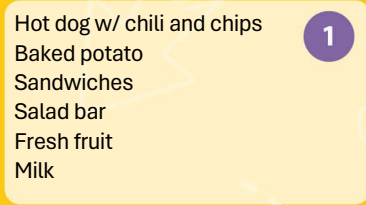
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Chicken Alfredo
Broccoli w/ breadsticks
Sandwiches
Salad bar
Fresh fruit
Milk

4

Pizza
Pretzel w/ cheese cup
Sandwiches
Salad bar
Fresh fruit
Milk

5

Chicken drumsticks
Mashed potatoes
Gravy, Squash, and a roll
Sandwiches
Salad bar
Fresh fruit
Milk

6

National Cereal Day
Nacho or burrito
Spanish rice, refried beans
Sandwiches
Salad bar
Fresh fruit, Milk

7

Hot dog w/ chili and chips
Baked potato
Sandwiches
Salad bar
Fresh fruit
Milk

1

8

Goulash w/ corn
A roll
Sandwiches
Salad bar
Fresh fruit
Milk

11

Pizza
Pretzel w/ cheese cup
Sandwiches
Salad bar
Fresh fruit
Milk

12

Chicken Strips
Tater tot's w/ a roll
Sandwiches
Salad bar
Fresh fruit
Milk

13

Hamburger soup
Cheese bread
Sandwiches
Salad bar
Fresh fruit
Milk

14

Corndog
Meatball sub
Chips
Sandwiches
Salad bar
Fresh fruit
Milk

15

Mac & cheese
Sliced ham and a roll
Sandwiches
Salad bar
Fresh fruit
Milk

18

Pizza
Pretzel w/ cheese cup
Sandwiches
Salad bar
Fresh fruit
Milk

19

Popcorn Chicken
Mashed potatoes
Gravy, corn, and a roll
Sandwiches
Salad bar
Fresh fruit
Milk

20

Sweet & sour chicken
Rice, Potstickers
Sandwiches
Salad bar
Fresh fruit
Milk

21

Hamburger
Chips
Sandwiches
Salad bar
Fresh fruit
Milk

22

Spaghetti
Corn w/ Rolls
Sandwiches
Salad bar
Fresh fruit
Milk

25

Pizza
Pretzel w/ cheese cup
Sandwiches
Salad bar
Fresh fruit
Milk

26

Chicken nuggets
Potato wedges w/ a roll
Sandwiches
Salad bar
Fresh fruit
Milk

27

Teriyaki chicken
Rice or noodle's
Mixed veggies
Sandwiches
Salad bar
Fresh fruit
Milk

28

Hot dog w/ chili, chips
Baked potato w/ a roll
Sandwiches
Salad bar
Fresh fruit
Milk

29