

BREAKFAST MENU for all Pre-K to 8th grade schools, plus Brown and Capuano

MARCH 2020

MONDAY

2

Assorted Muffins with Graham Crackers

9

Assorted Breakfast Breads with Graham Crackers

16

Oatmeal

23

Assorted Muffins with Graham Crackers

30

Oatmeal

TUESDAY

3

Wheat Pancakes with Strawberries

10

Warm Fresh Cinnamon Rolls

17

Pancakes with Warm Apple Slices

24

French Toast with Strawberries

31

Warm Fresh Cinnamon Rolls

WEDNESDAY

4

Yogurt Parfait with Granola

11

Yogurt Parfait with Granola

18

Yogurt Parfait with Granola

25

Yogurt Parfait with Granola

THURSDAY

5

Waffles with Blueberries

12

Scrambled Eggs and Toast

19

Egg and Cheese Sandwich

26

Scrambled Eggs and Toast

FRIDAY

6

**HAPPY BIRTHDAY DR. SEUSS!!
Green Eggs & Ham**

13

French Toast with Blueberries

20

Waffles with Strawberries

27

Pancakes with Warm Apple Slices

FUEL UP with BREAKFAST!

Busy weekday mornings make it a challenge for many families to find time for a healthy breakfast. Studies show that students who eat school breakfast are more likely to: Reach higher levels of achievement in reading and math, score higher on standardized tests, have better concentration and memory, be more alert and maintain a healthy weight.

The National School Breakfast Week campaign theme, "Start Your Engines," reminds the entire school community that school breakfast provides a healthy and energizing start to the day for students.

Choices available every day:

Assorted low sugar cereals and grahams crackers (3), wheat bagels with low fat cream cheese. Fresh fruit and low-fat 1% or skim white milk daily.

