

March 2017 Breakfast and Snack Menu

Monday

Tuesday

Wednesday

Thursday

**AM
Breakfast:**

**PM
Snack:**

1
Blueberry Bagel
Apricots

Blueberry Bagel
Apricots

2
Graham Crackers
Banana

Graham Crackers
Banana

6
Chex Cereal
Cranberry Juice

Snack Mix
Cranberry Juice

7
Yogurt Sunbutter
Granola Parfait w/
Peaches

Yogurt Sunbutter
Granola Parfait w/
Peaches

8
English Muffin
Cheese Slice
Applesauce

Carrot and Celery
Sticks
Hummus

9
Fruit Spice Muffins
Pears

Fruit Spice Muffins
Pears

13
Corn Flakes
Apple Juice

Pretzels
Applesauce

14
Deluxe Snack Mix
Peaches

Deluxe Snack Mix
Peaches

15
Pesto Bagel
Whipped Cream
Cheese, Banana

Pesto Bagel
Whipped Cream
Cheese, Banana

16
NO SCHOOL

20
Life Cereal
Grape Juice

Pretzel Roll
Sunbutter
Grape Juice

21
Rice Cakes
Oranges

String Cheese
Oranges

22
Blueberry Muffin
Pears

Blueberry Muffin
Pears

23
Soft Pretzel
Honey Mustard
Applesauce

Soft Pretzel
Honey Mustard
Applesauce

27
Cheerios
Orange Juice

Cheese & Triscuits
Orange Juice

28
Cottage Cheese
Pineapple Tidbits

Cottage Cheese
Pineapple Tidbits

29
Chex Cereal
Fruit Cocktail

Hard Pretzels
Fruit Cocktail

30
Berry Fruit Bake
Yogurt

Berry Fruit Bake
Yogurt

March is National NUTRITION Month!

Celebrate by developing new family nutrition goals this month. You could:

Try a new vegetable every week!



Drink more water instead of sugary drinks!



Avoid the snack, candy, and soda aisles!



Develop a weekly menu and cook at home!

Serve dinners with all 5 food groups!

Let your child help prepare nutritious snacks!



No peanut, nuts, or pork products are used in the preparation of any menu item. Milk (1% low fat) is served with every lunch.

Every day your child is offered 1/2 cup fruit, 1/2 cup vegetables, 1.5 ounces protein, 6 ounces milk, and 1.5 ounces grain products which provides 1/3 of their daily nutritional needs.