



**School Information:** All Students eat FREE through June 2021 or until further notice.

This institution is an equal opportunity institution.



**Nutrition Tip:** 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

MINI PANCAKES  
FRESH ORANGE  
LOWFAT MILK CHOICES

1

### Tuesday

WG ZUCCHINI BREAD  
APPLE JUICE  
LOWFAT MILK CHOICES

2

### Wednesday

BLUEBERRY MUFFIN  
DRIED CRANBERRIES  
LOWFAT MILK CHOICES

3

### Thursday

MINI WAFFLES  
DICED PEARS  
LOWFAT MILK CHOICES

4

### Friday

YOGURT w/NUT-FREE  
GRANOLA  
STRAWBERRIES  
LOWFAT MILK CHOICES

5

MINI CINNI ROLLS  
ORANGE JUICE  
LOWFAT MILK CHOICES

8

WG BANANA BREAD  
FRESH APPLE  
LOWFAT MILK CHOICES

9

HOMEMADE ORANGE  
CRANBERRY MUFFIN FRUIT  
PUNCH JUICE  
LOWFAT MILK CHOICES

10

WG STUDEL  
SLICED PEACHES  
LOWFAT MILK CHOICES

11

SWEET POTATO  
ROLL  
BOX OF RAISINS  
LOWFAT MILK CHOICES

12

WG BANANA BREAD  
APPLE JUICE  
LOWFAT MILK CHOICES

15

WG BREAKFAST BAR  
FRESH ORANGE  
LOWFAT MILK CHOICES

16

CREAM CHEESE  
STUFFED MINI BAGELS  
FRUIT PUNCH JUICE  
LOWFAT MILK CHOICES

17

FRESH BAKED WHOLE  
GRAIN DONUT  
MIXED FRUIT  
LOWFAT MILK CHOICES

18

TEACHERS  
WORKSHOP  
  
NO SCHOOL

19

SOFT OATMEAL ROUNDS  
ORANGE JUICE  
LOWFAT MILK CHOICES

22

WG COCOA BREAD  
CHILLED PEACHES  
LOWFAT MILK CHOICES

23

WG PANCAKES W/SYRUP  
APPLE JUICE  
LOWFAT MILK CHOICES

24

YOGURT CUP  
WG CEREAL  
CHILLED PEARS  
LOWFAT MILK CHOICES

25

WG BREAKFAST BUN  
FRUIT PUNCH JUICE  
LOWFAT MILK CHOICES

26

WG CINNAMON ROLL  
APPLE JUICE  
LOWFAT MILK CHOICES

29

WG FRENCH TOAST  
BOX of RAISINS  
LOWFAT MILK CHOICES

30

RASPBERRY BAR  
ORANGE JUICE  
LOWFAT MILK CHOICES

31

/ All breakfasts include an entrée, Fruit or juice & low-fat milk

