

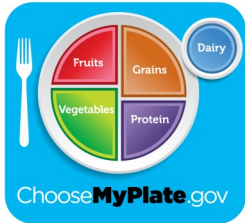
March 2018 Breakfast and Snack Menu

Monday

Tuesday

Wednesday

Thursday



AM
Breakfast:

WGR Bagel
Apricots

PM
Snack:

WGR Bagel
Apricots

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 breakfast.

"WGR" means "Whole Grain Rich" and specifies that the item contains at least 50% whole grains. "WW" means "Whole Wheat" and specifies that the item contains 100% whole wheat.

5
Chex Cereal
Cranberry Juice

Snack Mix
 Cheerios, Kix,
 Hard Pretzel, Fish Crackers
 Applesauce

6
Yogurt, Sunbutter
WGR Oat Topping w/ Peaches

Yogurt, Sunbutter
 WGR Oat Topping
 w/ Peaches

7
WGR English Muffin
Cheese Slice
Applesauce

Carrot and Celery
 Sticks
 Hummus

8
Fruit Spice
WGR Muffins
Pears

Fruit Spice
 WGR Muffins
 Pears

12
Life Cereal
Apple Juice

WGR Soft Pretzels
 Applesauce

13
Deluxe Snack Mix, WG
Cereal, Crackers & Dried
Fruits
Peaches

Deluxe Snack Mix, WG
 Cereal, Crackers & Dried
 Fruits
 Peaches

14
WW Tea Roll
Whipped Cream
Cheese, Banana

WW Tea Roll
 Whipped Cream
 Cheese, Banana

15
WW Bread
Honey Butter
Fuji Apple Slices

WW Bread
 Honey Butter
 Fuji Apple Slices

19
Corn Flakes
Grape Juice

WGR Pretzel Roll
 Sunbutter

20
Rice Cakes
Oranges

String Cheese
 Oranges

21
WGR
Blueberry Muffin
Pears

WGR
 Blueberry Muffin
 Pears

22
WGR Soft Pretzel
Honey Mustard
Applesauce

WGR Soft Pretzel
 Honey Mustard
 Applesauce

26
Cheerios
Orange Juice

Cheese & Ritz

27
Cottage Cheese
Pineapple Tidbits

Cottage Cheese
 Pineapple Tidbits

28
Chex Cereal
Fruit Cocktail

Hard Pretzels
 Fruit Cocktail

29
WGR Banana
Bread Bites
Yogurt

WGR
 Banana Bread Bites
 Yogurt