

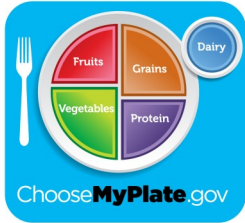
# March 2019 Breakfast and Snack Menu

**Tuesday**

**Wednesday**

**Thursday**

**Friday**



**AM  
Breakfast:**

**PM  
Snack:**

**1**  
 Seasonal Bagel w/  
 Cream Cheese  
 Pears  
 -----  
 Seasonal Bagel w/  
 Cream Cheese  
 Pears

**5**  
**Chex Cereal  
 Cranberry Juice**

Carrots and Celery  
 sticks  
 Hummus

**6**  
**Deluxe Snack Mix (W  
 Cereal, Crackers & Dried  
 Fruits)  
 Applesauce**

Deluxe Snack Mix (WG  
 Cereal, Crackers & Dried  
 Fruits)  
 Applesauce

**7**  
**WGR Soft Pretzel  
 Honey Mustard  
 Peaches**

WGR Soft Pretzel  
 Honey Mustard  
 Peaches

**8**  
**WGR Blueberry Bites  
 Mandarin Oranges**

WGR Blueberry Bites  
 Mandarin Oranges

**12**  
**Life Cereal  
 Apple Juice**

Snack Mix  
 (Cheerios, Kix, Pretzels, Fish  
 Crackers)  
 Pineapple Tidbits

**13**  
**Season Bagel w/  
 Cream Cheese  
 Tropical Fruit**

Season Bagel w/  
 Cream Cheese  
 Tropical Fruit

**14**  
**Yogurt Parfait w/  
 WGR Oat Topping  
 Peaches**

Yogurt Parfait w/  
 WGR Oat Topping  
 Peaches

**15**  
**Cheese and Crackers  
 Bananas**

Cheese and Crackers  
 Bananas

**19**  
**Bran Flakes  
 Apple Juice**

Celery Sticks w/  
 Sunbutter  
 Mini apples

**20**  
**WGR English Muffin  
 Honey Butter  
 Orange Slices**

WGR English Muffin w/  
 Honey Butter  
 Orange Slices

**21**  
**Deluxe Snack Mix (W  
 Cereal, Crackers & Dried  
 Fruits)  
 Kiwi**

Deluxe Snack Mix (WG  
 Cereal, Crackers & Dried  
 Fruits)  
 Kiwi

**22**  
**WGR Apple Muffin  
 Cheese Slices**

WGR Apple Muffin  
 Cheese Slices

**26**  
**Kix Cereal  
 Orange Juice**

WGR Bagel w/  
 Cream Cheese  
 Mandarin Oranges

**27**  
**WGR Banana Bites  
 Applesauce**

WGR Banana Bites  
 Applesauce

**28**  
**Cottage Cheese  
 Pears**

Cottage Cheese  
 Pears

**29**  
 No School

## 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!



Serve dinners  
 with all 5 food  
 groups!

Develop a  
 weekly menu  
 and cook at  
 home!

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.