

# March 2014

## Middle School Breakfast Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



**Don't Forget—  
Breakfast is  
Brain Food!**



### MEALTIME MESSAGE

Breakfast \$1.25

Fruit and/or Juice also offered daily with Breakfast.

Assorted Milk Choices Available Daily for Breakfast and Lunch:

1% White, Skim White, Fat Free Chocolate, Strawberry, and Vanilla

### Fun Facts About Eggs and Breakfast:

Eggs contain all the essential protein, minerals and vitamins, except Vitamin C. Egg yolks are one of few foods that naturally contain Vitamin D. Eggs also are good for your eyes because they contain lutein which helps prevent age-related cataracts and muscular degeneration.

Research shows that children who eat breakfast have healthier weights than children who skip breakfast and also perform better on memory tests.

\*\* Contains Pork

Menu Items subject to change based upon availability.



<p>3</p> <p>**Breakfast Pizza Cereal &amp; Toast Yogurt &amp; Muffin Yogurt &amp; Granola Parfait</p>	<p>4</p> <p>Grits Cheddar Cheese Scrambled Eggs Cereal &amp; Toast Yogurt &amp; Muffin Yogurt &amp; Granola Parfait</p>	<p>5</p> <p><b>COLLABORATIVE DAY</b> Waffles &amp; Syrup Cereal &amp; Toast Yogurt &amp; Muffin Yogurt &amp; Granola Parfait</p>	<p>6</p> <p>Grits Cheddar Cheese Scrambled Eggs Cereal &amp; Toast Yogurt &amp; Muffin Yogurt &amp; Granola Parfait</p>	<p>7</p> <p>Eggo Chocolate Chip French Toast Minis Cereal &amp; Toast Yogurt &amp; Muffin Yogurt &amp; Granola Parfait</p>
<p><b>National School Breakfast Week</b></p>				
<p>10</p> <p>**Breakfast Pizza Cereal &amp; Toast Yogurt &amp; Muffin Yogurt &amp; Granola Parfait</p>	<p>11</p> <p>Grits Cheddar Cheese Scrambled Eggs Cereal &amp; Toast Yogurt &amp; Muffin Yogurt &amp; Granola Parfait</p>	<p>12</p> <p>Eggo Maple Minis Cereal &amp; Toast Yogurt &amp; Muffin Yogurt &amp; Granola Parfait</p>	<p>13</p> <p>Grits Cheddar Cheese Scrambled Eggs Cereal &amp; Toast Yogurt &amp; Muffin Yogurt &amp; Granola Parfait</p>	<p>14</p> <p>**Sausage Biscuit Cereal &amp; Toast Yogurt &amp; Muffin Yogurt &amp; Granola Parfait</p>
<p>17</p> <p>**Breakfast Pizza Cereal &amp; Toast Yogurt &amp; Muffin Yogurt &amp; Granola Parfait</p>	<p>18</p> <p>Grits Cheddar Cheese Scrambled Eggs Cereal &amp; Toast Yogurt &amp; Muffin Yogurt &amp; Granola Parfait</p>	<p>19</p> <p>French Toast Sticks &amp; Syrup Cereal &amp; Toast Yogurt &amp; Muffin Yogurt &amp; Granola Parfait</p>	<p>20</p> <p>Grits Cheddar Cheese Scrambled Eggs Cereal &amp; Toast Yogurt &amp; Muffin Yogurt &amp; Granola Parfait</p>	<p>21</p> <p>Blueberry Glazed Pancakes Cereal &amp; Toast Yogurt &amp; Muffin Yogurt &amp; Granola Parfait</p>
<p>24</p> <p>**Breakfast Pizza Cereal &amp; Toast Yogurt &amp; Muffin Yogurt &amp; Granola Parfait</p>	<p>25</p> <p>Grits Cheddar Cheese Scrambled Eggs Cereal &amp; Toast Yogurt &amp; Muffin Yogurt &amp; Granola Parfait</p>	<p>26</p> <p>Cinnamon Glazed Pancakes Cereal &amp; Toast Yogurt &amp; Muffin Yogurt &amp; Granola Parfait</p>	<p>27</p> <p>Grits Cheddar Cheese Scrambled Eggs Cereal &amp; Toast Yogurt &amp; Muffin Yogurt &amp; Granola Parfait</p>	<p>28</p> <p>**Sausage Biscuit Cereal &amp; Toast Yogurt &amp; Muffin Yogurt &amp; Granola Parfait</p>
<p>31</p> <p>**Breakfast Pizza Cereal &amp; Toast Yogurt &amp; Muffin Yogurt &amp; Granola Parfait</p>	<p><b>HAPPY ST. PATRICK'S DAY</b></p>			

Nondiscrimination Statement: This institution is an equal opportunity provider.

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