

March 2019

JR HIGH & HIGH SCHOOL BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
				1 <u>CRISPY CHICKEN SANDWICH</u> <u>CHEESEBUGER</u> Sweet Potato Fries Burger Salad Chilled Tropical Fruit Ketchup/Mayo/Mustard
4 <u>Mini Pancakes</u> <u>Power Pack</u> Yogurt/Craisins/Graham Crackers <u>Cereal W/Buttered Toast</u> 100 Fruit Juice/Fresh Fruit Jelly/Syrup	5 <u>Breakfast Pizza</u> <u>Powdered Donuts</u> <u>Cereal W/Cinnamon Toast</u> Fresh Fruit Chilled Mandarin Oranges Jelly	6 <u>Breakfast Taco Bar</u> Wg Flour Tortillas Scrambled Eggs W/ Bacon Scrambled Eggs W/ Sausage Hash-Browns/ Refried Beans <u>Cereal W/Buttered Toast</u> 100% Fruit Juice/Fresh Fruit Jelly/Jalapeno/Shredded Cheese/Salsa	7 <u>Biscuit W/Sausage Gravy</u> <u>Chocolate Muffin</u> <u>Cereal W/Cinnamon Toast</u> Fresh Fruit Blushing Pears Jelly	8 <u>Mini Pancake On A Stick</u> <u>Smoothie W Graham Crackers</u> <u>Cereal W/Cheese Toast</u> Fruit Juice Fresh Fruit Jelly/Salsa
Spring Break!				
18 <u>Sausage Biscuit</u> <u>Power Pack</u> String Cheese/ Craisins/ Cheese-Itz <u>Cereal W/Buttered Toast</u> 100% Fruit Juice/Fresh Fruit Jelly/Syrup	19 <u>French Toast Sticks</u> <u>Cocoa Puff Parfait</u> <u>Cereal W/Cheese Toast</u> Fresh Fruit Chilled Peaches Jelly	20 <u>Breakfast Taco Bar</u> Wg Flour Tortillas Scrambled Eggs W/ Bacon Scrambled Eggs W/ Sausage Hash-Browns/Refried Beans <u>Oatmeal W/Buttered Toast</u> 100% Fruit Juice/Fresh Fruit Jelly/Jalapeno/Shredded Cheese/Salsa	21 <u>Breakfast On Bun</u> <u>Yogurt Cup W/Muffin</u> <u>Cereal W/Cinnamon Toast</u> Fresh Fruit Chilled Mixed Fruit Jelly/Salsa	22 <u>Pancake On Stick</u> <u>Cinnamon Roll</u> <u>Cereal W/Buttered Toast</u> Fruit Juice Fresh Fruit Jelly/ Syrup
25 <u>Mini Pancakes</u> <u>Power Pack</u> Yogurt/Craisins/Graham Crackers <u>Cereal W/Buttered Toast</u> 100 Fruit Juice/Fresh Fruit Jelly/Syrup	26 <u>Breakfast Pizza</u> <u>Powdered Donuts</u> <u>Cereal W/Cinnamon Toast</u> Fresh Fruit Chilled Mandarin Oranges Jelly	27 <u>Breakfast Taco Bar</u> Wg Flour Tortillas Scrambled Eggs W/ Bacon Scrambled Eggs W/ Sausage Hash-Browns/ Refried Beans <u>Cereal W/Buttered Toast</u> 100% Fruit Juice/Fresh Fruit Jelly/Jalapeno/Shredded Cheese/Salsa	28 <u>Biscuit W/Sausage Gravy</u> <u>Chocolate Muffin</u> <u>Cereal W/Cinnamon Toast</u> Fresh Fruit Blushing Pears Jelly	29 <u>Mini Pancake On A Stick</u> <u>Smoothie W Graham Crackers</u> <u>Cereal W/Cheese Toast</u> Fruit Juice Fresh Fruit Jelly/Salsa

WHY EAT SCHOOL BREAKFAST?

School Breakfast really is the most important meal of the day for kids as it provides the necessary fuel to start a day of learning and achievement.

Higher Academic Scores

Students who eat breakfast earn, on average, a letter grade higher in math than kids who don't.

Improved behavior

Hungry children are more likely to have discipline problems.

Reduced tardiness and absenteeism

Kids who participate in the School Breakfast Program are tardy and/or absent from school less.

SERVED DAILY

Fruit or 100 % Fruit Juice
1% WHITE OR FAT FREE FLAVORED MILK