



Get a Healthy Start to Your Day with School Breakfast!

Did you know, if you are approved for free or reduced lunch, you are also eligible for breakfast!

Student Breakfast

\$1.90

Adult Breakfast

\$2.50

Reduced Breakfast

\$0.30

take time for
**school
BREAKFAST**



NUTRITION NEWS:

Celebrate **National Nutrition Month®** and "Go Further with Food!" The foods we choose can make a real difference in how we think, learn, and play! Here are some tips to "Go Further with Food!" this month:

- Make an effort to include a variety of healthy and colorful foods from all the food groups daily!
- Be sure to consume the appropriate portion size. Don't forget to use MyPlate as a guide for choosing the best foods to fuel your body!
- Think outside the box. Discover activities that you look forward to and make yourself a goal to be physically active every day.

Monday	Tuesday	Wednesday	Thursday	Friday
	<i>Happy Spring!</i> 		1 Assorted Cereal with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection	2 Bagel with Cream Cheese or Assorted Cereal with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection
5 Assorted Cereal with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection	6 Assorted Cereal with Muffin Assorted Fruit 100% Fruit Juice Milk Selection	7 Assorted Cereal with Muffin Assorted Fruit 100% Fruit Juice Milk Selection	8 Assorted Cereal with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection	9 Mini Pancakes or Assorted Cereal with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection
12 Assorted Cereal with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection	13 Assorted Cereal with Muffin Assorted Fruit 100% Fruit Juice Milk Selection	14 Assorted Cereal with Muffin Assorted Fruit 100% Fruit Juice Milk Selection	15 Assorted Cereal with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection	16 Bagel with Cream Cheese or Assorted Cereal with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection
19 Assorted Cereal with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection	20 Assorted Cereal with Muffin Assorted Fruit 100% Fruit Juice Milk Selection	21 Assorted Cereal with Muffin Assorted Fruit 100% Fruit Juice Milk Selection	22 Assorted Cereal with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection	23 Mini Pancakes or Assorted Cereal with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection
26 Assorted Cereal with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection	27 Assorted Cereal with Muffin Assorted Fruit 100% Fruit Juice Milk Selection	28 Assorted Cereal with Muffin Assorted Fruit 100% Fruit Juice Milk Selection	29 Assorted Cereal with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection	30 School Closed

MENU SUBJECT TO CHANGE

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"This institution is an equal opportunity provider"