

BREAKFAST MENU for all Pre-K to 8th grade schools, plus Brown and Capuano

MARCH 2019

MONDAY

"This institution is an equal opportunity employer."

4

Muffin with
Graham Crackers

11

Oatmeal

18

Muffin with
Graham Crackers

25

Oatmeal

TUESDAY

5

Wheat Pancakes
with Strawberries

12

French Toast with
Warm Apple Slices

19

Waffles with
Strawberries

26

Wheat Pancakes
with Blueberries

WEDNESDAY

6

Yogurt Parfait

13

Yogurt Parfait

20

Yogurt Parfait

27

Yogurt Parfait

THURSDAY

7

Egg and Cheese on
a Croissant

14

Scrambled Eggs
and Toast

21

Egg and Cheese on
a Croissant

28

Scrambled Eggs
and Toast

FRIDAY

1

**HAPPY BIRTHDAY
DR. SEUSS!!
Green Eggs & Ham**

8

Waffles with
Blueberries

15

Wheat Pancakes
with Strawberries

22

French Toast with
Warm Apple Slices

29

Waffles with
Blueberries

FUEL UP with BREAKFAST!

Busy weekday mornings make it a challenge for many families to find time for a healthy breakfast. Studies show that students who eat school breakfast are more likely to: Reach higher levels of achievement in reading and math, score higher on standardized tests, have better concentration and memory, be more alert and maintain a healthy weight.

The National School Breakfast Week campaign theme, "Start Your Engines," reminds the entire school community that school breakfast provides a healthy and energizing start to the day for students.

Choices available every day:

Assorted low sugar cereals and grahams crackers (3), wheat bagels with low fat cream cheese. Fresh fruit and low-fat 1% or skim white milk daily.

