



March 2017 Breakfast Menu- Step Up

Monday	Tuesday	Wednesday	Thursday	Friday
		1 GRILLED CHEESE FRUIT	2 WHOLE GRAIN WAFFLES FRUIT	3 CEREAL BAR MUFFIN FRUIT
6 WHOLE GRAIN CEREAL TOAST FRUIT	7 WHOLE GRAIN BAGEL W/ CREAM CHEESE & JELLY FRUIT	8 SAUSAGE BISCUIT FRUIT	9 WHOLE GRAIN PANCAKES FRUIT	10 CEREAL BAR STRING CHEESE FRUIT
13	14	15	16	17
		SPRING BREAK 		
20	21	22	23	24
		SPRING BREAK 		
27 WHOLE GRAIN CEREAL TOAST FRUIT	28 POPART YOGURT STICK FRUIT	29 GRILLED CHEESE FRUIT	30 WHOLE GRAIN WAFFLES FRUIT	31 CEREAL BAR MUFFIN FRUIT



Alternative Fruit,
Skim & 1% Milk
Offered Daily



Breakfast foods are good sources of important nutrients such as calcium, iron, and B vitamins, as well as protein and fibre.

Menu is subject to change due to product availability

“This institution is an equal opportunity provider”