Newkirk Public Schools
Breakfast March 2018

KEYSTONE
FOOD SERVICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Cinnamon Roll Cereal Fruit Juice Milk	2 Biscuit and Gravy Cereal Fruit Juice Milk
5 Breakfast Bagel (Ham, Egg, Cheese) Cereal Fruit Juice Milk	6 Yogurt Parfait Cereal Fruit Juice Milk	7 Biscuit and Gravy Cereal Fruit Juice Milk	8 Toast Scrambled Eggs Cereal Fruit Juice Milk	9 Donut Strawberry/Banana Yogurt Cereal Fruit Juice Milk
12 Breakfast Taco Cereal Fruit Juice Milk	13 Sweet Waffle Sticks Cereal Fruit Juice Milk	14 Breakfast Biscuit (Sausage, Egg, Cheese) Cereal Fruit Juice Milk	15 Oatmeal with Toppings Cereal Fruit Juice Milk	16 Blueberry Muffin Cheese Stick Cereal Fruit Juice Milk
19 No School Spring Break	20 No School Spring Break	21 No School Spring Break	22 No School Spring Break	23 No School Spring Break
26 Waffle Scrambled Eggs Cereal Fruit Juice Milk	27 Biscuit and Gravy Cereal Fruit Juice Milk	28 Pancake minis Cereal Fruit Juice Milk	29 Toast Scrambled Eggs Sausage Cereal Fruit Juice Milk	30 No School Good Friday

The following are great sources of protein at breakfast: Yogurt, Cheese Stick, Milk, Eggs, Oatmeal, Ham, Sausage, and Cheese. Choosing an item high in protein is a great way to start your day.

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