

Monday

Tuesday

Wednesday

Thursday

Friday

Whole Grain Cereal
Low Fat Yogurt
Fruit
100% Fruit Juice
Low-fat Milk Choice

1

Muffin
Cheese stick
Fruit
100% Fruit Juice
Low-fat Milk Choice

2

Muffin
Cheese stick
Fruit
100% Fruit Juice
Low-fat Milk Choice

5

National

Cream Cheese Bagel
Fruit
100% Fruit Juice
Low-fat Milk Choice

6

School

Pancake on a Stick
Fresh Fruit
100% Fruit Juice
Low-fat Milk

7

Breakfast

Yogurt Parfait with
Granola
Fresh Fruit
Canned Fruit
Low-fat Milk Choice

8

Week

Glazed Donut
Cheese stick
Fruit
100% Fruit Juice
Low-fat Milk Choice

9

Celebration!

Muffin
Cheese stick
Fruit
100% Fruit Juice
Low-fat Milk Choice

12

Whole Grain Cereal
Low Fat Yogurt
Fruit
100% Fruit Juice
Low-fat Milk Choice

13

Cream Cheese Bagel
Fruit
100% Fruit Juice
Low-fat Milk

14

Whole Grain Cereal
Low Fat Yogurt
Fruit
100% Fruit Juice
Low-fat Milk Choice

15

Muffin
Cheese stick
Fruit
100% Fruit Juice
Low-fat Milk Choice

16

Have

19

A

20

Great

21

Spring

22

Break!

23

Whole Grain Cereal
Low Fat Yogurt
Fruit
100% Fruit Juice
Low-fat Milk Choice

26

Muffin
Cheese stick
Fruit
100% Fruit Juice
Low-fat Milk Choice

27

Cream Cheese Bagel
Fruit
100% Fruit Juice
Low-fat Milk

28

Whole Grain Cereal
Low Fat Yogurt
Fruit
100% Fruit Juice
Low-fat Milk Choice

29

**No
School**

30

To encourage more families to take advantage of the healthy choices available for school breakfast, AES and CES will celebrate National School Breakfast week during March 5-9, 2018. The National School Breakfast Week (NSBW) campaign theme, "I Heart School Breakfast", reminds the entire school community that school breakfast provides a healthy and energizing start to the day for students. Students will be encouraged to show their enthusiasm for "I Heart School Breakfast" from March 5-9 with special menus, cafeteria events, and more.

