



Garfield Pre-K School

March 2018
Breakfast Menu

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!

Breakfast will not be served when there is a delayed opening

Student Breakfast

\$1.40

Reduced Breakfast

\$0.30

Adult Breakfast

\$3.00

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.

All Meals Options Served with Choice of Flavored Fat Free Milk or Unflavored 1% Milk/ Fat Free Milk



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|---|---|
| | <i>Happy Spring!</i> | | 1 Cinnamon Toast with Graham Crackers 100% Juice or Fruit Milk Selection | 2 Bageler (Bagel) Stix with Cream Cheese 100% Juice or Fruit Milk Selection <i>Dr. Seuss' Birthday Read Across America</i> |
| 5 Frosted Flakes with Graham Crackers 100% Juice or Fruit Milk Selection | 6 Mini Chocolate Chip French Toast 100% Juice or Fruit Milk Selection | 7 Mini Maple Waffles 100% Juice or Fruit Milk Selection | 8 Rice Krispies with Graham Crackers 100% Juice or Fruit Milk Selection | 9 Bageler (Bagel) Stix with Cream Cheese 100% Juice or Fruit Milk Selection |
| I SCHOOL BREAKFAST | | National School Breakfast Week | | |
| 12 Cheerios with a Graham Crackers 100% Juice or Fruit Milk Selection | 13 Mini Maple Pancakes 100% Juice or Fruit Milk Selection | 14 Cocoa Puffs with Graham Crackers 100% Juice or Fruit Milk Selection | 15 Mini Triple Berry French Toast 100% Juice or Fruit Milk Selection | 16 Bageler (Bagel) Stix with Cream Cheese 100% Juice or Fruit Milk Selection |
| 19 Mini Wheats with a Graham Crackers 100% Juice or Fruit Milk Selection | 20 Mini Chocolate Chip French Toast 100% Juice or Fruit Milk Selection | 21 Apple Cinnamon Cheerios with a Graham Crackers 100% Juice or Fruit Milk Selection | 22 Cinnamon Toast with Graham Crackers 100% Juice or Fruit Milk Selection | 23 Bageler (Bagel) Stix with Cream Cheese 100% Juice or Fruit Milk Selection |
| 26 Frosted Flakes with Graham Crackers 100% Juice or Fruit Milk Selection | 27 Mini Maple Pancakes 100% Juice or Fruit Milk Selection | 28 Rice Krispies with Graham Crackers 100% Juice or Fruit Milk Selection | 29 Half Day Bageler (Bagel) Stix with Cream Cheese 100% Juice or Fruit Milk Selection | 30 School Closed |

MENU SUBJECT TO CHANGE



Please Visit:
www.maschiofood.com

"This institution is an equal opportunity provider"