



Breakfast Menu - NSP

March 2023

This institution is an equal opportunity provider.

Approved by Haley Havighurst, RDN

Serving Sizes are as follows:

K-8th Grade – Grain or Meat/MA 1.75oz, Fruit 1 cup, 1% or Fat Free Milk 8oz

9-12th Grade – Grain or Meat/MA 2oz, Fruit 1 cup, 1% or Fat Free Milk 8oz

Monday	Tuesday	Wednesday	Thursday	Friday
February 27 WG Lucky Charms Cheez Its 100% Juice Box Milk	February 28 Yogurt w/ Granola Fruit Milk	March 1 WG Bagel w/ Cream Cheese Fruit Milk	March 2 WG Cinnamon Toast Crunch Goldfish 100% Juice Box Milk	March 3 WG Chocolate Chip Muffin Fruit Milk
March 6 WG Frosted Mini Wheats Cheez Its 100% Juice Box Milk	March 7 Yogurt w/ Granola Fruit Milk	March 8 WG Bagel w/ Cream Cheese Fruit Milk	March 9 WG Apple Jacks Goldfish 100% Juice Box Milk	March 10 WG Orange Muffin Fruit Milk
March 13 WG Lucky Charms Cheez Its 100% Juice Box Milk	March 14 Yogurt w/ Granola Fruit Milk	March 15 WG Bagel w/ Cream Cheese Fruit Milk	March 16 WG Cinnamon Toast Crunch Goldfish 100% Juice Box Milk	March 17 WG Corn Muffin Fruit Milk
March 20 WG Frosted Mini Wheats Cheez Its 100% Juice Box Milk	March 21 Yogurt w/ Granola Fruit Milk	March 22 WG Bagel w/ Cream Cheese Fruit Milk	March 23 WG Apple Jacks Goldfish 100% Juice Box Milk	March 24 WG Chocolate Chip Muffin Fruit Milk
March 27 WG Lucky Charms Cheez Its 100% Juice Box Milk	March 28 Yogurt w/ Granola Fruit Milk	March 29 WG Bagel w/ Cream Cheese Fruit Milk	March 30 WG Cinnamon Toast Crunch Goldfish 100% Juice Box Milk	March 31 WG Orange Muffin Fruit Milk

WG = Whole Grain

Fruit options vary when in season all possible options are as follows: Apples, Applesauce, Flavored Applesauce, Banana, Diced Pears, Diced Peaches, Pineapple, Oranges, Pears, Cantaloupe, Honeydew, Strawberries, Fruit Cocktail, Peaches, Mandarin Oranges, Mangos