

March 2017 District Breakfast

Regional School Unit No. 18

“Fueling Learner Excellence through Good Food and Good Nutrition”



★ **Monday**
START

★ **Tuesday**
YOUR

★ **Wednesday**
DAY

★ **Thursday**
WITH

★ **Friday**
SCHOOL BREAKFAST

		1 Pancakes, Savory Sausage, Tasty Toast, or Cereal Variety Fresh Fruit & 100% Juice Low Fat Milk Variety	2 Cheesy Scrambled Eggs, Tasty Toast, or Cereal Variety Fresh Fruit & 100% Juice Low Fat Milk Variety	3 Parfait (Granola and Low Fat Yogurt,) or Cereal Variety Fresh Fruit Variety 100% Juice Variety Low Fat Milk Variety
6 Breakfast Bagel, Tasty Toast, or Cereal Variety Fresh Fruit & 100% Juice Low Fat Milk Variety	7 Delightful Doughnut Stick, Cereal Variety, or Tasty Toast Fresh Fruit & 100% Juice Low Fat Milk Variety	8 French Toast, Cereal Variety, Crunchy Warm Toast Fresh Fruit & 100% Juice Variety Low Fat Milk Variety	9 Outstanding Cheesy Omelet, Tasty Toast, Cereal Variety Fresh Fruit and 100% Juice Low Fat Milk Variety	10 Breakfast Pizza, Tasty Toast, Cereal Variety Fresh Fruit & 100% Juice Low Fat Milk Variety
13 Tutti Fruit Muffin, Tasty Toast, or Cereal Variety Fresh Fruit & 100% Juice Low Fat Milk Variety	14 Fantastic French Toast Stix, Cereal Variety, or Tasty Toast Fresh Fruit & 100% Juice Low Fat Milk Variety	15 Pancakes, Savory Sausage, Tasty Toast, or Cereal Variety Fresh Fruit & 100% Juice Low Fat Milk Variety	16 Cheesy Scrambled Eggs, Tasty Toast, or Cereal Variety Fresh Fruit & 100% Juice Low Fat Milk Variety	17 NO SCHOOL
20 Breakfast Bagel, Tasty Toast, or Cereal Variety Fresh Fruit & 100% Juice Low Fat Milk Variety	21 Delightful Doughnut Stick, Cereal Variety, or Tasty Toast Fresh Fruit & 100% Juice Low Fat Milk Variety	22 French Toast, Cereal Variety, Crunchy Warm Toast Fresh Fruit & 100% Juice Variety Low Fat Milk Variety	23 Outstanding Cheesy Omelet, Tasty Toast, Cereal Variety Fresh Fruit and 100% Juice Low Fat Milk Variety	24 Breakfast Pizza, Tasty Toast, Cereal Variety Fresh Fruit & 100% Juice Low Fat Milk Variety
27 Tutti Fruit Muffin, Tasty Toast, or Cereal Variety Fresh Fruit & 100% Juice Low Fat Milk Variety	28 Delightful Doughnut Stick, Cereal Variety, or Tasty Toast Fresh Fruit & 100% Juice Low Fat Milk Variety	29 French Toast, Cereal Variety, Crunchy Warm Toast Fresh Fruit & 100% Juice Variety Low Fat Milk Variety	30 Outstanding Cheesy Omelet, Tasty Toast, Cereal Variety Fresh Fruit and 100% Juice Low Fat Milk Variety	31 Breakfast Pizza, Tasty Toast, Cereal Variety Fresh Fruit & 100% Juice Low Fat Milk Variety