



# 4K Breakfast Menu

March 2020

<b>2</b> <b>Cheerios</b>  Fresh Fruit 1% Unflavored Milk Unflavored Skim Milk	<b>3</b> <b>Rice Krispies</b>  Fresh Fruit 1% Unflavored Milk Unflavored Skim Milk	<b>4</b> <b>Banana Muffin</b>  Fresh Fruit 1% Unflavored Milk Unflavored Skim Milk	<b>5</b> <b>Strawberry Yogurt</b>  100% Fruit Juice 1% Unflavored Milk Unflavored Skim Milk	<b>6</b> <b>Frosted Mini Wheats</b>  Fresh Fruit 1% Unflavored Milk Unflavored Skim Milk
<b>9</b> <b>Frosted Mini Wheats</b>  Fresh Fruit 1% Unflavored Milk Unflavored Skim Milk	<b>10</b> <b>Yogurt</b>  Fresh Fruit 1% Unflavored Milk Unflavored Skim Milk	<b>11</b> <b>Rice Chex Cereal</b>  Fresh Fruit 1% Unflavored Milk Unflavored Skim Milk	<b>12</b> <b>Cheerios</b>  100% Fruit Juice 1% Unflavored Milk Unflavored Skim Milk	<b>13</b> <b>Blueberry Muffin</b>  Fresh Fruit 1% Unflavored Milk Unflavored Skim Milk
<b>16</b> <b>Frosted Mini Wheats</b>  Fresh Fruit 1% Unflavored Milk Unflavored Skim Milk	<b>17</b> <b>Banana Muffin</b>  Fresh Fruit 1% Unflavored Milk Unflavored Skim Milk	<b>18</b> <b>Cheerios</b>  Fresh Fruit 1% Unflavored Milk Unflavored Skim Milk	<b>19</b> <b>Yogurt</b>  100% Fruit Juice 1% Unflavored Milk	<b>20</b> <b>Rice Krispies</b>  Fresh Fruit 1% Unflavored Milk Unflavored Skim Milk
<b>23</b> <b>Apple Muffin</b>  Fresh Fruit 1% Unflavored Milk Unflavored Skim Milk	<b>24</b> <b>Yogurt</b>  Fresh Fruit 1% Unflavored Milk Unflavored Skim Milk	<b>25</b> <b>Chex Cereal</b>  Fresh Fruit 1% Unflavored Milk Unflavored Skim Milk	<b>26</b> <b>Frosted Mini Wheats</b>  100% Fruit Juice 1% Unflavored Milk Unflavored Skim Milk	<b>27</b> <b>Mini Strawberry Cream Cheese Bagels</b>  Fresh Fruit 1% Unflavored Milk Unflavored Skim Milk
<b>30</b>	<b>31</b>	<b>1</b>	<b>2</b>	<b>3</b>

**Spring Break – No School**

**Start your day off right**  
**Enjoy a FREE breakfast daily!!!**

**More info...**  
[foodservice@4beloitschools.net](mailto:foodservice@4beloitschools.net)