

Spring Break!

8
Mini Waffles
Assorted Cereals
Cheese Stick or Crackers
Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

9
Assorted General Mills Cereal
Cheese Stick or Cracker
Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

10
Whole Grain Bagel with Cream cheese
Assorted Cereal
Cheese Stick or cracker
Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

11
Hard Cooked Egg
Assorted Cereals
Cheese Stick or Cracker
Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

12
Blueberry Muffin
Assorted Cereals
Cheese Stick or Cracker
Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

15
Assorted General Mills Cereal
Cheese Stick or Cracker
Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

16
Hard Cooked Egg
Cheese Stick or Cracker
Assorted Cereal
Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

17
Yogurt
Assorted Cereal
Cheese Stick or Crackers
Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

18
Mini Pancakes
Assorted Cereal
Cheese Stick or Crackers
Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

19
No School

22
Sausage and Pancake on a Stick
Assorted Cereal
Cheese Stick
Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

23
Benefit Bar
Assorted Cereal
Cheese Stick
Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

24
Assorted General Mills Cereal
Cheese Stick or Crackers
Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

25
Whole Grain Bagel with Cream Cheese
Assorted Cereal
Cheese Stick
Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

26
Apple Cinnamon Muffin
Assorted Cereal
Cheese Stick
Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

29
Hard Cooked Egg w/Cheese Stick
Assorted Cereal
Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

30
Assorted General Mills Cereal
Cheese Stick or Crackers
Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

CHALLENGE YOURSELF:

KEEP ACTIVE
+ WALK MORE
+ ALL DAY
= A STRONG & FIT YOU

**Start your day off right with a
Healthy, Balanced breakfast!**