

March 2020

K-8 Cold Breakfast



School Name Here



Nutrition tip: Pineapples are high in Vitamin C, B Vitamins, minerals and antioxidants that can help boost overall health!

Reference: www.medicalnewstoday.com

Monday

Tuesday

Wednesday

Thursday

Friday

2

WG General Mills Cereal Bars
WG Assorted Cereal or Cracker
100% Juice Cup
Seasonal Fruit
Choice of Milk

3

WG Cinnamon Chex
Cheese Stick
100% Juice Cup
Seasonal Fruit
Choice of Milk

4

NEW! WG Cinnamon Toast
Crunch Soft Filled Bread
100% Juice Cup
Seasonal Fruit
Choice of Milk

5

NEW! WG Frosted Flakes
WG Assorted Graham Cracker
100% Juice Cup
Seasonal Fruit
Choice of Milk

6

WG Grape Jelly Crescents
100% Juice Cup
Seasonal Fruit
Choice of Milk

9

NEW! WG Appleyways Granola Bites
Yogurt Cup
100% Juice Cup
Seasonal Fruit
Choice of Milk

10

WG Reduced-Sugar Cinnamon
Toast Crunch
WG Assorted Graham Cracker
100% Juice Cup
Seasonal Fruit
Choice of Milk

11

WG Cream Cheese-Filled Bagels
100% Juice Cup
Seasonal Fruit
Choice of Milk

12

WG Multigrain Cheerios
WG Assorted Graham Cracker
100% Juice Cup
Seasonal Fruit
Choice of Milk

13

WG Gripz Cinnamon Grahams
Cheese Stick
100% Juice Cup
Seasonal Fruit
Choice of Milk

16

WG Dunker Bar
100% Juice Cup
Seasonal Fruit
Choice of Milk

17

WG Reduced-Sugar Cocoa Puffs
WG Assorted Graham Cracker
100% Juice Cup
Seasonal Fruit
Choice of Milk

18

Whole Grain Breakfast Muffin
Cheese Stick
100% Juice Cup
Seasonal Fruit
Choice of Milk

19

WG Frosted Mini Wheats
WG Assorted Graham Cracker
100% Juice Cup
Seasonal Fruit
Choice of Milk

20

WG Mini Cinnis
100% Juice Cup
Seasonal Fruit
Choice of Milk

23

Whole Grain Breakfast Bread
100% Juice Cup
Seasonal Fruit
Choice of Milk

24

WG Cheerios
WG Assorted Graham Cracker
100% Juice Cup
Seasonal Fruit
Choice of Milk

25

WG UBR Bar
100% Juice Cup
Seasonal Fruit
Choice of Milk

26

WG Cinnamon Flakes
Cheese Stick
100% Juice Cup
Seasonal Fruit
Choice of Milk

27

WG Granola
Yogurt Cup
100% Juice Cup
Seasonal Fruit
Choice of Milk

30

WG General Mills Cereal Bars
WG Assorted Cereal or Cracker
100% Juice Cup
Seasonal Fruit
Choice of Milk

31

WG Cinnamon Chex
Cheese Stick
100% Juice Cup
Seasonal Fruit
Choice of Milk

Daily Milk:

Skim white

Low fat white

Skim Chocolate

