

# March 2021

## West Harrison Community School

This institution is an equal opportunity provider

### BREAKFAST



**School Information:** Kids eat free through the rest of the school year as long as there is funding. PK-5<sup>th</sup> get breakfast in the classroom. 6-12<sup>th</sup> will come though the line and get breakfast to go. At least 1 Grain Bread, 1 Fruit/Vegetable and milk will be offered to everyone



**Nutrition Tip:** March is National Nutrition Month! To celebrate, try eating at least one new food each week. Keep it interesting by picking out new foods you've never tried before, like mango, lentils, quinoa, kale, or sardines.

References: Academy of Nutrition & Dietetics, USDA MyPlate

### Monday

Apple Filled Pretzel  
PK-5 Fruit  
6-12 Juice

1

### Tuesday

Dr. Suess Birthday Breakfast  
PK-5 Fruit Cup  
6-12 Juice

2

### Wednesday

PK-5 Cereal Bar  
GoGurt  
Fruit Cup  
6-12  
WG French Toast  
Sausage Link/Juice

3

### Thursday

Tac N Go  
PK-5 Carrots  
w/Peanut Butter  
6-12 Juice

4

### Friday

PK- 5  
WG Donut  
Juice  
6-12 WG Long John  
Cereal Bar  
Juice

5

Uncrustable  
PK-5 Fruit Cup  
6-12 Juice

8

Breakfast Slider  
PK-5 Apple Slices  
6-12 Juice

9

Pretzel w/Cheese  
PK-5 Fruit Cup  
6-12 Juice

10

PK-5 WG Muffin  
Cheese Stick  
Fruit Cup  
6-12  
Biscuits and Gravy  
Juice

11

PK-5 WG Donut  
Juice  
6-12 WG Long John  
Yogurt  
Juice

12

PK-5 Benefit Bar  
Fruit Cup  
6-12 Breakfast Pizza  
Juice

15

PK-5 WG Pancakes  
Banana  
6-12  
Sausage Egg Biscuit  
Juice

16

PK-5 Cinni Mini Roll  
GoGurt  
Carrots w/Dip  
6-12 Cinnamon Roll WG  
Yogurt  
Juice

17

PK-5 Cinnamon Cream  
Cheese Bagel  
Fruit  
6-12  
Popcorn Chicken Bowl  
Juice

18

PK-5  
WG Donut  
Snack Cracker  
Juice  
6-12 WG Long John  
Snack Cracker  
Juice

19

**No School**

22

**Professional**

**Development**

PK-5 WG Pop Tart  
Cheese Stick  
Fruit  
6-12 Breaded Cheese Stick  
Marinara Sauce  
Juice

23

PK-5 Breakfast Boat  
Fruit Cup  
6-12 Sausage Egg Biscuit  
Juice

24

PK-5 Waffles  
Fruit Cup  
5-12 Stromboli  
Juice

25

PK-5 WG Donut  
Juice  
6-12 WG Long John  
WG Cereal  
Juice

26

PK-5  
Fruit Loops  
Fruit  
6-12  
Breakfast Burrito  
Juice

29

PK-5 French Toast  
Snack Bread  
Yogurt  
Fruit  
6-12 Hot Ham and Cheese Sandwich  
Juice

30

PK-12 Cooks Choice

31

