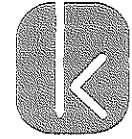


March 2018 Breakfast 4 Day Little Axe



**KEYSTONE
FOOD SERVICE**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
To begin this year, I want to ask you to do something for me....would you take this 8 question survey and help me out?			1 Breakfast Pizza Flatbread Cereal Fruit Juice Milk	2
5 Chocolate Muffin Cereal Fruit Juice Milk	6 Yogurt Parfait Cereal Fruit Juice Milk	7 Biscuit and Gravy Cereal Fruit Juice Milk	8 Donut Strawberry/Banana Yogurt Cereal Fruit Juice Milk	9
12 Breakfast Taco Cereal Fruit Juice Milk	13 Sweet Waffle Sticks Cereal Fruit Juice Milk	14 Breakfast Biscuit (Sausage, Egg, Cheese) Cereal Fruit Juice Milk	15 Oatmeal with Toppings Cereal Fruit Juice Milk	16
19 No School Spring Break	20 No School Spring Break	21 No School Spring Break	22 No School Spring Break	23
26 Waffle Scrambled Eggs Cereal Fruit Juice Milk	27 Biscuit and Gravy Cereal Fruit Juice Milk	28 Pancake minis Cereal Fruit Juice Milk	29 Cinnamon Roll Strawberry/ Banana Yogurt Cereal Fruit Juice Milk	30

The following items are great sources of protein at breakfast: Yogurt, Cheese stick, Milk, Sausage, Eggs, Oatmeal, ham, and cheese! Choosing an item high in protein is a great way to start your day.

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