






2009-2010 MARCH ELEMENTARY BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 POP TARTS 4 OZ. JUICE 8 OZ. MILK 	2 NO SCHOOL!!	3 WAFFLE 4 OZ. JUICE 8 OZ. MILK 	4 CEREAL STRING CHEESE 4 OZ. JUICE 8 OZ. MILK	5 HONEY WHEAT DONUT 4 OZ. JUICE 8 OZ. MILK
8 POP TARTS 4 OZ. JUICE 8 OZ. MILK	9 MINI LOAF CEREAL 4 OZ. JUICE 8 OZ. MILK	10 WAFFLE 4 OZ. JUICE 8 OZ. MILK	11 CEREAL STRING CHEESE 4 OZ. JUICE 8 OZ. MILK	12 HONEY WHEAT DONUT 4 OZ. JUICE 8 OZ. MILK
"N A T I O N A L S C H O O L B R E A K F A S T W E E K"				
15 POP TARTS 4 OZ. JUICE 8 OZ. MILK 	16 MINI LOAF CEREAL 4 OZ. JUICE 8 OZ. MILK 	17 WAFFLE 4 OZ. JUICE 8 OZ. MILK	18 CEREAL STRING CHEESE 4 OZ. JUICE 8 OZ. MILK 	19 HONEY WHEAT DONUT 4 OZ. JUICE 8 OZ. MILK
22 POP TARTS 4 OZ. JUICE 8 OZ. MILK	23 MINI LOAF CEREAL 4 OZ. JUICE 8 OZ. MILK	24 WAFFLE 4 OZ. JUICE 8 OZ. MILK	25 CEREAL STRING CHEESE 4 OZ. JUICE 8 OZ. MILK	26 HONEY WHEAT DONUT 4 OZ. JUICE 8 OZ. MILK

ASSORTED MILK SERVED DAILY

MENU SUBJECT TO CHANGE WITHOUT NOTICE

Where does the word breakfast come from?

The word breakfast comes from the Middle English word *brekfast*, which means "to break the fast." That is exactly what you do when you eat your first meal of the morning - you break your overnight fast.

Breakfast is a very important meal. It fuels you up and gets you ready for the day. In general, kids who eat breakfast have more energy, do better in school, and eat healthier throughout the day. So make time for breakfast!

