






2009-2010 MARCH SECONDARY BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 POP TARTS 4 OZ. JUICE 8 OZ. MILK 	2 <b>NO SCHOOL!!</b>	3 SUPER DONUT CEREAL 8 OZ. MILK	4 WAFFLE 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 CRUNCHMANIA CINNAMON BUNS 4 OZ. JUICE 8 OZ. MILK	10 SUPER DONUT CEREAL 8 OZ. MILK	11 WAFFLE 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 CRUNCHMANIA CINNAMON BUNS 4 OZ. JUICE 8 OZ. MILK	17 SUPER DONUT CEREAL 8 OZ. MILK 	18 WAFFLE 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 CRUNCHMANIA CINNAMON BUNS 4 OZ. JUICE 8 OZ. MILK	24 SUPER DONUT CEREAL 8 OZ. MILK	25 WAFFLE 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!

