

Monday

Tuesday

Wednesday

Thursday

Friday

National School Breakfast Week
March 4th Thru March 8th

Chocolate Chip or Blueberry
Muffin Top

100% Fruit Juice ½ Cup
or
prepared Fruit ½ Cup

Milk-8oz

Strawberry Yogurt Parfait
w/Goldfish Crackers

100% Fruit Juice ½ Cup
or
Fresh Fruit ½ Cup

Milk-8 oz

Breakfast Pizza
w/Sausage, Egg and Cheese

100% Fruit Juice ½ Cup
or
Fresh Fruit ½ Cup

Milk -8oz

Blueberry Yogurt Parfait
w/Belly Bear Crackers

100% Fruit Juice ½ Cup
or
prepared Fruit ½ Cup

Milk-8oz

Breakfast Biscuit Sandwich

100% fruit Juice ½ Cup
Or
Prepared Fruit ½ Cup

Milk -8oz

Croissant Breakfast Sandwich

100% Fruit Juice ½ Cup
or
prepared Fruit ½ Cup

Milk-8oz

Donut Holes

100% Fruit Juice ½ Cup
or
Fresh Fruit ½ Cup

Milk-8oz

Chocolate Chip Muffin
w/ Toast

100% Fruit Juice ½ Cup
or
Fresh Fruit ½ Cup

Milk-8oz

Cereal Bar w/ Toast

100% Fruit Juice ½ Cup
or
Fresh Fruit ½ Cup

Milk -8oz

Maple Flatbread Sandwich

100% Fruit Juice ½ Cup
or
Fresh Fruit ½ Cup

Milk -8oz

Pancakes Bites

100% Fruit Juice ½ Cup
or
Fresh Fruit ½ Cup

Milk -8oz

Cereal Bar w/ Toast

100% Fruit Juice ½ Cup
or
Fresh Fruit ½ Cup

Milk-8oz

Pop Tart w/ Toast

100% Fruit Juice ½ Cup
or
Fresh Fruit ½ Cup

Milk-8oz

Maple Flatbread Sandwich

100% Fruit Juice ½ Cup
or
Fresh Fruit ½ Cup

Milk-8oz

Powdered Donut

100% Fruit Juice ½ Cup
or
Fresh Fruit ½ Cup

Milk-8oz

Cinnamon Roll

100% Fruit Juice ½ Cup
or
Fresh Fruit ½ Cup

Milk-8oz

Pop Tart w/ Toast

100% Fruit Juice ½ Cup
or
Fresh Fruit ½ Cup

Milk-8oz

Maple Flatbread Sandwich

100% Fruit Juice ½ Cup
or
Fresh Fruit ½ Cup

Milk-8oz

Pancake Bites

100% Fruit Juice ½ Cup
or
Fresh Fruit ½ Cup

Milk-8oz

**Enjoy Your
SPRING
BREAK**



Mar 28 Thru April 8



Breakfast Options Daily

***Daily Entrée-1 (2g) or**

***Cereal**

Offered with all Breakfasts

***Whole Grain (WG) Entrees**

***Daily Selection or Fresh &**

**Prepared Fruit or 100% juice -1/2 cup
servings may take 1 cup**

***NY State Non Fat Milk 8oz**



Children who eat breakfast show
an increased ability to learn, ex-
hibit better academic performance
and may have a decreased
risk of being overweight

FSMC is responsible for meeting all re-
quirements under the Final Rule Nutrition
Standards in NSLP and NSBP. Including
all specific component offerings for all
fruits, vegetables, grains, meat/meat alter-
nates and milk