



March 2021: Breakfast



NUTRITION TIP: Practice stealth health—sneak veggies into favorite foods. Go light on the meat and top the pizza with vegetables like tomatoes, onions, mushrooms, bell peppers and artichoke hearts

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	01 Breakfast Pizza fruit 1% Milk LF Chocolate Milk	02 French Toast Fruit 1% Milk LF Chocolate Milk	03 Bagel Sandwich Fruit 1% Milk LF Chocolate Milk	04 Sausage Egg Biscuit Fruit 1% Milk LF Chocolate Milk	05 Pancakes W/Syrup Fruit 1% Milk	
	08 Breakfast Pizza fruit 1% Milk LF Chocolate Milk	09 Scrambled eggs and bacon Fruit 1% Milk LF Chocolate Milk	10 Breakfast Sandwich Fruit 1% Milk LF Chocolate Milk	11 Breakfast burrito 1% Milk LF Chocolate Milk	12 No School	
	15 Breakfast Pizza fruit 1% Milk LF Chocolate Milk	16 French Toast Fruit 1% Milk LF Chocolate Milk	17 Bagel Sandwich Fruit 1% Milk LF Chocolate Milk	18 Sausage Egg Biscuit Fruit 1% Milk LF Chocolate Milk	19 No School	
	22 Breakfast Pizza fruit 1% Milk LF Chocolate Milk	23 Scrambled eggs and bacon Fruit 1% Milk	24 Bagel Sandwich Fruit 1% Milk LF Chocolate Milk	25 Breakfast burrito Fruit 1% Milk LF Chocolate Milk	26 Oatmeal w fruit Fruit 1% Milk LF Chocolate Milk	
	29	30	31			