

March 2023 Breakfast Grab N' Go

Offered Daily:

(House-made) granola bars

WHOLE GRAIN Bagel
with Cream Cheese

Cereal variety Fresh Fruit

Fruit Cup Milk

BREAKFAST COMPONENTS:

2 OZ GRAIN (OR 1oz grain

with 1 oz MEAT/MEAT
ALTERNATE)

1 CUP FRUIT

8 OZ MILK

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WHOLE GRAIN BAGELS OFFERED DAILY! TUESDAY WILL BE REGULAR BAGEL DAY

		1 Peanut Butter Apple ½ c. Fruit WG Crackers Milk	2 Energy Bites 1 C. Fruit Milk	3 Cereal Day 1 c. Fruit Milk
6 Graham Crackers Peanut Butter 1 C. Fruit Milk	7 Plain or Blueberry Bagel 1 c. Fruit Milk	8 Yogurt Granola topping 1 c. Blueberries Milk	9 Cereal Bar 1 C. Fruit Milk	10 Sausage Gravy Biscuit 1 c. Fruit Milk
SPRING BREAK MARCH 13-24				
27 Cereal Day 1 c. Fruit Milk	28 Plain or Blueberry Bagel 1 c. Fruit Milk	29 Peanut Butter w/ Apple ½ c. Fruit WG Crackers Milk	30 Chocolate Chip Granola Bar 1 c. Fruit Milk	31 Energy Bites 1 C. Fruit Milk

St. John Lutheran School

Emily Kramer, Nutrition Director

WG = Whole Grain

The USDA is an equal opportunity provider and employer.

We are participating in the Universal Free Breakfast Program, which means as long as funds are in the Nutrition account, breakfast for all students will be free for the entire school year, regardless of income.