



Elementary Breakfast Menu

March 2019

**National School Breakfast Week
is March 4th-8th 2019**

1
**Chocolate Crescent
Jurassic Park
Grahams w/ String
Cheese**

Fresh Apple
Diced Peaches
100% Apple Juice

4
**Mini Blueberry
Waffles
Jurassic Park
Grahams w/ String
Cheese**

Fresh Apple
Diced Pears
100% Grape Juice

5
**Pancake on a Stick
Goldfish Pretzels w/
Strawberry Banana
Yogurt**

Fresh Fruit
Mixed Fruit
100% Fruit Juice

6
**Cinnamon Roll
Animal Crackers w/
String Cheese**

Fresh Banana
Applesauce
100% Orange Juice

7
**Banana Muffin
Goldfish Pretzels w/
Strawberry Banana
Yogurt**

Fresh Fruit
Strawberry Craisins
100% Fruit Juice

8
**Benefit Bar
Jurassic Park
Grahams w/ String
Cheese**

Fresh Apple
Diced Peaches
100% Apple Juice

11
**Pancakes w/ Syrup
Jurassic Park
Grahams w/ String
Cheese**

Fresh Apple
Diced Pears
100% Grape Juice

12
**Glazed Donut
Goldfish Pretzels w/
Strawberry Banana
Yogurt**

Fresh Fruit
Mixed Fruit
100% Fruit Juice

13
**Chorizo Beef & Cheese
Taquito
Animal Crackers w/
String Cheese**

Fresh Banana
Applesauce
100% Orange Juice

14
**Breakfast Pizza
Goldfish Pretzels w/
Strawberry Banana
Yogurt**

Fresh Fruit
Strawberry Craisins
100% Fruit Juice

15
No School

18
**No School MLK
Day**

19
**Blueberry Muffin
Goldfish Pretzels w/
Strawberry Banana
Yogurt**

Fresh Fruit
Mixed Fruit
100% Fruit Juice

20
**Omelet w/ Tater Tots
& Toast
Animal Crackers w/
String Cheese**

Fresh Banana
Applesauce
100% Orange Juice

21
**Glazed Donut
Goldfish Pretzels w/
Strawberry Banana
Yogurt**

Fresh Fruit
Strawberry Craisins
100% Fruit Juice

22
**Cherry Frudel
Jurassic Park
Grahams w/ String
Cheese**

Fresh Apple
Diced Peaches
100% Apple Juice

25
**Cheesy Scrambled Eggs
w/ Toast
Grahams w/ String
Cheese**

Fresh Apple
Diced Pears
100% Grape Juice

26
**Cinnamon Roll
Goldfish Pretzels w/
Strawberry Banana Yo-
gurt**

Fresh Fruit
Mixed Fruit
100% Fruit Juice

27
**Breakfast Pizza
Animal Crackers w/
String Cheese**

Fresh Banana
Applesauce
100% Orange Juice

28
**Mini Strawberry Pancakes
Goldfish Pretzels w/
Strawberry Banana
Yogurt**

Fresh Fruit
Strawberry Craisins
100% Fruit Juice

29
**Chocolate Muffin
Jurassic Park
Grahams w/ String
Cheese**

Fresh Apple
Diced Peaches
100% Apple Juice

More info...

Breakfast is a main entrée OR pick two from the grains and proteins offered each day for your meal

Assorted Whole Grain Cereals offered daily with WG Animal Crackers

More info...

Breakfast - \$ 1.50 Lunch - \$2.85
NO Charge for students at Empire

Grab a milk

1% low fat & unflavored/
flavored fat-free choices

Menu is subject to change