



Breakfast Menu – NSP Hot Option

March 2024

This institution is an equal opportunity provider.

Approved by Haley Havighurst, RDN

Serving Sizes are as follows:

K-8th Grade – Grain or Meat/MA 1.75oz, Fruit 1 cup, 1% or Fat Free Milk 8oz

9-12th Grade – Grain or Meat/MA 2oz, Fruit 1 cup, 1% or Fat Free Milk 8oz

Monday	Tuesday	Wednesday	Thursday	Friday
February 26 WG Frosted Flakes 100% Fruit Juice, Fruit Cup Goldfish Milk	February 27 Yogurt & Granola Fruit Milk	February 28 WG Banana Muffin Fruit Milk	February 29 WG Trix 100% Fruit Juice, Fruit Cup Cheez Its Milk	March 1 WG Pancake Fruit Milk
March 4 WG Apple Jacks 100% Juice Box, Fruit Cup Goldfish Milk	March 5 Yogurt & Granola Fruit Milk	March 6 WG Blueberry Muffin Fruit Milk	March 7 WG Cinnamon Toast Crunch 100% Fruit Juice, Fruit Cup Cheez-its Milk	March 8 WG Waffle Fruit Milk
March 11 WG Frosted Flakes 100% Fruit Juice, Fruit Cup Goldfish Milk	March 12 Yogurt & Granola Fruit Milk	March 13 WG Corn Muffin Fruit Milk	March 14 WG Trix 100% Fruit Juice, Fruit Cup Cheez-its Milk	March 15 WG French Toast Fruit Milk
March 18 WG Apple Jacks 100% Fruit Juice, Fruit Cup Goldfish Milk	March 19 Yogurt & Granola Fruit Milk	March 20 WG Apple Cinnamon Muffin Fruit Milk	March 21 WG Cinnamon Toast Crunch 100% Fruit Juice, Fruit Cup Cheez Its Milk	March 22 WG Waffle Fruit Milk
March 25 WG Frosted Flakes 100% Fruit Juice, Fruit Cup Goldfish Milk	March 26 Yogurt & Granola Fruit Milk	March 27 WG Banana Muffin Fruit Milk	March 28 WG Trix 100% Fruit Juice, Fruit Cup Cheez Its Milk	March 29 WG Pancake Fruit Milk

WG = Whole Grain

Fruit options vary when in season, viable options are as follows: Apples, Applesauce, Flavored Applesauce, Banana, Diced Pears, Diced Peaches, Pineapple, Oranges, Pears, Cantaloupe, Honeydew, Strawberries, Fruit Cocktail, Peaches, Mandarin Oranges, Mangos