



# March

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
1 GRANOLA CEREAL,VARIETY FRUIT JUICE,ASSORTED APPLES,Fresh MILK CHOICES TOAST, MIXED	2 ENGLISH MUFFIN * SAUSAGE FRUIT JUICE,ASSORTED FRUIT COCKTAIL CEREAL,VARIETY MILK CHOICES	3 BREAKFAST HOT POCKETS FRUIT JUICE,ASSORTED FRUIT,FRESH ASSORTED CEREAL,VARIETY	4 BLUEBERRY MUFFIN FRUIT JUICE,ASSORTED ORANGES MILK CHOICES CEREAL,VARIETY	5 BREAKFAST PIZZA FRUIT JUICE,ASSORTED FRUIT COCKTAIL MILK CHOICES CEREAL,VARIETY ENGLISH	<b>Cal 565</b> <b>T.Fat 9.77 G</b> <b>S.Fat 2.9 G</b> <b>Chol 39.1 Mg</b> <b>Sodm 613.23</b>
8 BREAKFAST COMBOS FRUIT JUICE,ASSORTED CEREAL,VARIETY APPLES,Fresh MILK CHOICES	9 EGG PATTY SAUSAGE PATTY AST,WHOLE-WHE BREAD BUTTER FRUIT JUICE,ASSORTED	10 PLAIN BAGEL CREAM CHEESE FRUIT JUICE,ASSORTED APPLES,Fresh CEREAL,VARIETY MILK CHOICES	11 FRUIT BARS (REAL FRUIT) GRANOLA TOAST,RAISIN CREAM CHEESE CEREAL,VARIETY MILK CHOICES	12 CEREAL,VARIETY ENGLISH MUFFINS,PLAIN,TO JELLY PEANUT BUTTER APPLES,Fresh FRUIT	<b>Cal 565</b> <b>T.Fat 12.42 G</b> <b>S.Fat 3.7 G</b> <b>Chol 94.8 Mg</b> <b>Sodm 636.91</b>
15 BREAKFAST BAR APPLES,Fresh FRUIT JUICE,ASSORTED CEREAL,VARIETY MILK CHOICES	16 HARD BOILED EGG TOAST, MIXED GRAIN BREAD JELLY FRUIT JUICE,ASSORTED CEREAL,VARIETY	17 WAFFLES MAPLE SYRUP FRUIT,FRESH ASSORTED FRUIT JUICE,ASSORTED CEREAL,VARIETY	18 ENGLISH MUFFIN * SAUSAGE FRUIT JUICE,ASSORTED FRUIT COCKTAIL CEREAL,VARIETY MILK CHOICES	19 POP TARTS FRUIT JUICE,ASSORTED APPLES,Fresh CEREAL,VARIETY MILK CHOICES ENGLISH	<b>Cal 564</b> <b>T.Fat 8.26 G</b> <b>S.Fat 2.7 G</b> <b>Chol 62.8 Mg</b> <b>Sodm 587.36</b>
22 CEREAL,VARIETY ENGLISH MUFFINS,PLAIN,TO JELLY FRUIT COCKTAIL FRUIT JUICE,ASSORTED	23 YOGURT FRUIT JUICE,ASSORTED FRUIT COCKTAIL CEREAL,VARIETY MILK CHOICES AST,WHOLE-WHE	24 CINNAMON ROLLS fresh fruit salad FRUIT JUICE,ASSORTED CEREAL,VARIETY MILK CHOICES ENGLISH	25 PLAIN BAGEL CREAM CHEESE FRUIT JUICE,ASSORTED APPLES,Fresh CEREAL,VARIETY MILK CHOICES	26 fresh fruit salad TOAST,RAISIN CREAM CHEESE CEREAL,VARIETY MILK CHOICES FRUIT JUICE,ASSORTED	<b>Cal 563</b> <b>T.Fat 6.53 G</b> <b>S.Fat 2.3 G</b> <b>Chol 56.7 Mg</b> <b>Sodm 551.71</b>
29 BREAKFAST HOT POCKETS FRUIT JUICE,ASSORTED FRUIT,FRESH ASSORTED CEREAL,VARIETY	30 breakfast muffin sandwic FRUIT JUICE,ASSORTED CEREAL,VARIETY APPLES,Fresh MILK CHOICES	31 GRANOLA CEREAL,VARIETY FRUIT JUICE,ASSORTED APPLES,Fresh MILK CHOICES TOAST, MIXED	HS/EL BREAKFAST		<b>Cal 525</b> <b>T.Fat 7.93 G</b> <b>S.Fat 2.7 G</b> <b>Chol 42.6 Mg</b> <b>Sodm 580.53</b>

