

# March 2020

## BONIFAY K – 8

### BREAKFAST



**SERVED DAILY: MILK, ORANGE JUICE,  
AND FRUIT. CONDIMENTS AS NEEDED.**



**Nutrition Tip:** March is National Nutrition Month! To celebrate try eating at least one new food each week. Keep it interesting by picking out new foods you've never tried before, like mango, lentils, quinoa, kale, or sardines.

References: Academy of Nutrition & Dietetics, USDA MyPlate

### Monday

2

### Tuesday

3

### Wednesday

4

### Thursday

5

### Friday

6

Breakfast Pizza  
Assorted Cereal

9

Pancake Pup  
Assorted Cereal

10

Breakfast Burrito  
Assorted Pop Tart

11

Coffee Cake w/ Cinnamon  
Assorted Cereal

12

Chicken Biscuit  
Assorted Cereal

13

Pancakes  
Assorted Cereal

16

Southwest Sliders  
Assorted Pop Tart

17

French Toast Sticks  
Assorted Cereal

18

Mini Strawberry Bagel  
Assorted Pop Tart

19

Assorted Pop Tart  
Assorted Cereal

20

**EARLY RELEASE DAY**

SPRING BREAK

23

SPRING BREAK

24

SPRING BREAK

25

SPRING BREAK

26

SPRING BREAK

27

Pancake Pup  
Assorted Cereal

30

Sausage Biscuit  
Assorted Cereal

31

