

March 2020

Manzanita Elementary School

BREAKFAST



Learn more about Free and Reduced price meals. 530-846-5594 Ask for Brittany

Meal Price \$ 1.90 **Menu Subject to change



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

Yogurt
Mini Muffin
2 Fresh Fruit Choices
Milk
Juice

2

Tuesday

French Toast Stick
2 Fresh Fruit Choices
Milk
Juice

3

Wednesday

Mustang Pizza
2 Fresh Fruit Choices
Milk
Juice

4

Thursday

Mini Waffles
2 Fresh Fruit Choices
Milk
Juice

5

Friday

Variety of Cereal
2 Fresh Fruit Choices
Milk
Juice

6

Yogurt
Mini Muffin
2 Fresh Fruit Choices
Milk
Juice

9

Biscuits & Sausage
Gravy
2 Fresh Fruit Choices
Milk
Juice

10

Bacon-Egg-Cheese
Sandwich
2 Fresh Fruit Choices
Milk
Juice

11

Pancake Sausage on a
Stick
2 Fresh Fruit Choices
Milk
Juice

12

Variety of Cereal
2 Fresh Fruit Choices
Milk
Juice

13

Sausage Breakfast Pizza
2 Fresh Fruit Choices
Milk
Juice

16

Yogurt Parfait
Mini Muffin
2 Fresh Fruit Choices
Milk
Juice

17

Breakfast Burrito
2 Fresh Fruit Choices
Milk
Juice

18

Mini Pancakes
2 Fresh Fruit Choices
Milk
Juice

19

Variety of Cereal
2 Fresh Fruit Choices
Milk
Juice

20

NO SCHOOL

23

French Toast Stick
2 Fresh Fruit Choices
Milk
Juice

24

Cheesy Scrambled Eggs
Toast & Jelly
2 Fresh Fruit Choices
Milk
Juice

25

Mini Waffles
2 Fresh Fruit Choices
Milk
Juice

26

Variety of Cereal
2 Fresh Fruit Choices
Milk
Juice

27

Breakfast Burrito
2 Fresh Fruit Choices
Milk
Juice

30

Yogurt Parfait
Mini Muffin
2 Fresh Fruit Choices
Milk
Juice

31

