

**C**arotenoids are plant pigments that give carrots their orange color

**A** great superfood for your eyes, skin and hair

**R**ich in vitamin A, potassium, and fiber

**R**aw carrots can be orange, purple, white, red or yellow

**O**utstanding vegetable eaten raw, steamed, shredded as well as cut and baked as “carrot fries”

**T**ops should be removed before storing



**Price:** \$ .85 paid, \$ .30 reduced\*, free\* (\*if qualified)

**We offer a Grab and Go Breakfast Bag that you can take with you to eat in your homeroom.**

No advance registration necessary! All students are welcome every day!

### March Breakfast Menu

National School Breakfast Week is March 8<sup>th</sup> thru the 12<sup>th</sup>. In celebration, we are offering each student a free breakfast. Please make note of which day your student's grade level will be participating in the free breakfast and send them to school to enjoy a delicious, healthy start to their day, free of charge. Enjoy!!

Monday	Tuesday	Wednesday	Thursday	Friday
1 French Toast Sticks Sausage Link Choice of Fruit or Juice Milk Selection	2 Breakfast Sausage Pizza Choice of Fruit or Juice Milk Selection	3 Egg and Cheese Jammer Stick (stuffed breadstick) Choice of Fruit or Juice Milk Selection	4 English Muffin W/Egg & Cheese Choice of Fruit or Juice Milk Selection	5 Pancakes Ham Patty Choice of Fruit or Juice Milk Selection
8 6 <sup>th</sup> grade-free breakfast Breakfast Sausage Pizza Choice of Fruit or Juice Milk Selection	9 5 <sup>th</sup> grade-free breakfast Apple Cinnamon Texas Toast Choice of Fruit or Juice Milk Selection	10 4 <sup>th</sup> & 3 <sup>rd</sup> grade-free breakfast Hot Cinnamon Roll Choice of Fruit or Juice Milk Selection	11 2 <sup>nd</sup> & 1 <sup>st</sup> grade-free breakfast Apple Wedges w/ Peanut Butter Yogurt Cup Choice of Fruit or Juice Milk Selection	12 Kindergarten -Free Breakfast Bagel W/ Cream Cheese Choice of Fruit or Juice Milk Selection
15 Pigs in a Blanket (sausage wrapped in pancakes) Choice of Fruit or Juice Milk Selection	16 English Muffin W/Egg & Cheese Choice of Fruit or Juice Milk Selection	17 Breakfast Sausage Pizza Choice of Fruit or Juice Milk Selection	18 Waffle w/ Syrup Sausage Patty Choice of Fruit or Juice Milk Selection	19 Pizza Muffin Choice of Fruit or Juice Milk Selection
22 Breakfast Sausage Pizza Choice of Fruit or Juice Milk Selection	23 Scrambled Eggs & Cheese Ham Patty Choice of Fruit or Juice Milk Selection	24 Apple Filled Bosco Sticks Choice of Fruit or Juice Milk Selection	25 English Muffin W/Egg & Cheese Choice of Fruit or Juice Milk Selection	26 Hard Boiled Egg Cheesy Toast Choice of Fruit or Juice Milk Selection
29 French Toast Sticks Sausage Link Choice of Fruit or Juice Milk Selection	30 Cheddar Cheese Omelet Choice of Fruit or Juice Milk Selection	31 Breakfast Sausage Pizza Choice of Fruit or Juice Milk Selection		

**Alternate Breakfast Available Daily:**

Cereal Bowl Pak or Toaster Pastry with graham crackers, choice of fruit or juice and a selection of low fat milk.