

# March 2024

# BREAKFAST MENU

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Note:</p> <p>* Participating in sports can build your child up... or drag them down. Make athletics a positive experience for your youngster with these strategies:</p> <p>* Encourage them to set goals - but make sure goals are realistic. They might aim to touch the ball three times during a game or try a move that they've been working on.</p> <p>* Avoid comments about your youngster's size or body. Concentrate on the friends they are making, the places they are playing, and the effort they are putting forth ("I love how you tried to get the rebound").</p>					1  Whole Grain Muffin Rosy Applesauce Fruit Juice Choice Milk	2  
3	4  Whole Grain Cereal Sausage Patty Diced Pears Fruit Juice Choice Milk	5  Biscuit & Gravy Fresh Oranges Fruit Juice Choice Milk	6  Chicken Biscuit Breakfast Sandwich Fresh Mixed Fruit Cup Fruit Juice Choice Milk	7  Pancake on a Stick Fresh Strawberries Fruit Juice Choice Milk	8  Granola Bar Apricot Halves Fruit Juice Choice Milk	9
10  	11  		12  		15  	16
17  	18  French Toast Sticks with Syrup Fresh Grapes Fruit Juice Choice Milk	19  Oatmeal Breakfast Round Yogurt Cup Strawberries & Bananas Fruit Juice Choice Milk	20  Whole Wheat Bagel with Toppings Fresh Apple Fruit Juice Choice Milk	21  Breakfast Pizza Sliced Peaches Fruit Juice Choice Milk	22  Muffin Mandarin Oranges Fruit Juice Choice Milk	23
24	25  Whole Grain Cereal String Cheese Fresh Orange Fruit Juice Choice Milk	26  Biscuit & Gravy Fresh Banana Fruit Juice Choice Milk	27  Pancake on a Stick Fruit Cocktail Fruit Juice Choice Milk	28  Sausage Breakfast Sandwich Pineapple Chunks Fruit Juice Choice Milk	29  	30