

Director of Food & Nutrition
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National School
Breakfast Week

	Monday	Tuesday	Wednesday	Thursday	Friday
National School Breakfast Week	3 Assorted Benefit Bars Chilled Juice and Fresh Fruit Low Fat Milk	4 Bagel w/ Cream Cheese Chilled Juice and Fresh Fruit Low Fat Milk	5 Breakfast Chicken Slider Chilled Juice and Fresh Fruit Low Fat Milk	6 WG Iced Donut Chilled Juice and Fresh Fruit Low Fat Milk	7 Chocolate Chip Muffin Chilled Juice and Fresh Fruit Low Fat Milk  Molly the Cow joins us for breakfast!
	Breakfast Participation Challenge March 3-7				
	10 Soft Filled Cinnamon Toast Crunch Bar Chilled Juice and Fresh Fruit Low Fat Milk	11 Mini Cinnamon Rolls Chilled Juice and Fresh Fruit Low Fat Milk	12 Ham, Egg & Cheese English Muffin Chilled Juice and Fresh Fruit Low Fat Milk	13 Assorted Benefit Bars Chilled Juice and Fresh Fruit Low Fat Milk	14 No School Act 80 Day Elem only
	17 Warm Apple Frudel Chilled Juice and Fresh Fruit Low Fat Milk	18 Mini Blueberry Pancakes Chilled Juice and Fresh Fruit Low Fat Milk	19 Egg & Cheese Bagel Chilled Juice and Fresh Fruit Low Fat Milk	20 Warm Chocolate Crescent Chilled Juice and Fresh Fruit Low Fat Milk	21 No School Act 80 Day Elem only
	24 Mini Eggo Pancakes Chilled Juice and Fresh Fruit Low Fat Milk	25 Assorted Muffin Tops Chilled Juice and Fresh Fruit Low Fat Milk	26 Sausage, Egg & Cheese Biscuit Chilled Juice and Fresh Fruit Low Fat Milk	27 Mini Strawberry Cream Cheese Bagel Chilled Juice and Fresh Fruit Low Fat Milk	28 Warm Apple Roll Chilled Juice and Fresh Fruit Low Fat Milk
31 Mini Eggo Waffles Chilled Juice and Fresh Fruit Low Fat Milk	 <h2 style="margin: 0;">National Nutrition Month</h2> <p style="margin: 0;">A healthy breakfast boosts your brain power all day.</p>				



WHAT MAKES A BREAKFAST?
 You must choose at least 3 of the 4 components
 Choice of 2 whole grains or 1 whole grain and a meat/meat alternate
 Choice of 2 fruits and Choice of low-fat milk.
 *½ c serving of fruits or vegetables must be one of the 3 components

MILK OPTIONS
 1% White, Fat Free Chocolate,

FRUIT OPTIONS
 May choose 2 - ¼ cup servings

Crisp Apple, Banana, Fresh Orange, Fresh Apple Slices, Applesauce, Raisins, Craisins, Sliced Peaches, Mixed Fruit, Pineapple Tidbits, Mandarin Oranges, Diced Pears, 100% Juice

ALTERNATE MENU OPTIONS

Assorted Cereal w/ Crackers
 Yogurt w/ Belly Bears
 Assorted Pastries, Muffins and Breakfast Bars

