



Alpha School

March 2018
Breakfast Menu

Get a Healthy Start to Your Day with School Breakfast!

Each Entrée Comes with:
Assorted Fruit
100% Fruit Juice
Milk Selection

Did you know, if you are approved for free or reduced lunch, you are also eligible for breakfast!

Student Breakfast \$1.25

Adult Breakfast \$1.75

Reduced Breakfast \$0.30

take time for
**school
BREAKFAST**



NUTRITION NEWS:

Celebrate National Nutrition Month® and "Go Further with Food!" The foods we choose can make a real difference in how we think, learn, and play! Here are some tips to "Go Further with Food!" this month:

- Make an effort to include a variety of healthy and colorful foods from all the food groups daily!
- Be sure to consume the appropriate portion size. Don't forget to use MyPlate as a guide for choosing the best foods to fuel your body!
- Think outside the box. Discover activities that you look forward to and make yourself a goal to be physically active every day.

Monday	Tuesday	Wednesday	Thursday	Friday
	<i>Happy Spring!</i> 		1 Bagel Bag OR Cereal Bag OR Muffin Bag Assorted Fruit 100% Fruit Juice Milk Selection	2 Bagel Bag OR Cereal Bag OR Muffin Bag Assorted Fruit 100% Fruit Juice Milk Selection <i>Dr. Seuss' Birthday Read Across America</i>
5 Bagel Bag OR Cereal Bag OR Muffin Bag Assorted Fruit 100% Fruit Juice Milk Selection	6 Bagel Bag OR Cereal Bag OR Muffin Bag Assorted Fruit 100% Fruit Juice Milk Selection	7 Bagel Bag OR Cereal Bag OR Muffin Bag Assorted Fruit 100% Fruit Juice Milk Selection	8 Bagel Bag OR Cereal Bag OR Muffin Bag Assorted Fruit 100% Fruit Juice Milk Selection	9 Bagel Bag OR Cereal Bag OR Muffin Bag Assorted Fruit 100% Fruit Juice Milk Selection
12 SCHOOL BREAKFAST	13	14	15	16
Bagel Bag OR Cereal Bag OR Muffin Bag Assorted Fruit 100% Fruit Juice Milk Selection	Bagel Bag OR Cereal Bag OR Muffin Bag Assorted Fruit 100% Fruit Juice Milk Selection	Bagel Bag OR Cereal Bag OR Muffin Bag Assorted Fruit 100% Fruit Juice Milk Selection	Bagel Bag OR Cereal Bag OR Muffin Bag Assorted Fruit 100% Fruit Juice Milk Selection	Bagel Bag OR Cereal Bag OR Muffin Bag Assorted Fruit 100% Fruit Juice Milk Selection
19	20	21	22	23
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26	27	28	29 Half Day	30
Bagel Bag OR Cereal Bag OR Muffin Bag Assorted Fruit 100% Fruit Juice Milk Selection	Bagel Bag OR Cereal Bag OR Muffin Bag Assorted Fruit 100% Fruit Juice Milk Selection	Bagel Bag OR Cereal Bag OR Muffin Bag Assorted Fruit 100% Fruit Juice Milk Selection	Bagel Bag OR Cereal Bag OR Muffin Bag Assorted Fruit 100% Fruit Juice Milk Selection	School Closed

National School Breakfast Week

Connect with us!



Please Visit: www.maschiofood.com



MENU SUBJECT TO CHANGE

"This institution is an equal opportunity provider"