


# March 2023 Breakfast Menu



**UPSD K-7**

This institution is an equal opportunity provider. Menus are subject to change.

**OUR NATION'S HISTORY**



**B**eginning with a severe famine in the 1840's, millions of Irish people came to America seeking a better life and greater freedom. By the late 1800's, New York had a larger population of people born in Ireland than did Dublin, the Irish capital. Today, more than 30 million Americans claim Irish heritage, more than seven times the entire population of Ireland itself.

**WITH LIBERTY & JUSTICE FOR ALL**

## BARNYARD MANNERS



**When a rooster finds something good to eat in the course of making his rounds, he will often call his flock over to eat first before he eats. He even has a special call to let the hens know that he has found**

**something tasty. So the next time someone accuses you of having barnyard manners, tell them thanks!**

## ANIMAL APPETITES

**Wednesday, March 1**

### Breakfast

Toast &  
Cereal Choice  
or  
Cinnamon Roll  
  
Raisins  
Fruit & Yogurt  
Graham Crackers  
Milk & Juice

**Thursday, March 2**

### Breakfast

Toast &  
Cereal Choice  
or  
Pancake & Sausage  
w/Syrup  
  
Fruit & Yogurt  
Graham Crackers  
Milk & Juice

**Friday, March 3**

### Breakfast

Toast &  
Cereal Choice  
or  
Mini Blueberry  
Waffle  
Raisins  
Fruit & Yogurt  
Graham Crackers  
Milk & Juice



## BREAK AN EGG.

Hey, why do you think it's called BREAKfast? A breakfast sandwich of an egg, a slice of lean ham, and a piece of cheese on a whole-wheat English muffin, with an orange and lowfat milk, provides a delicious variety of foods, and only about 550 calories. Keeps you feeling full, too. Enjoy!

**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.  
WELLNESS IS A WAY OF LIFE!**

**Monday, March 6**

### Breakfast

Toast &  
Cereal Choice  
or  
Blueberry Muffin  
  
Raisins  
Fruit & Yogurt  
Graham Crackers  
Milk & Juice

**Tuesday, March 7**

### Breakfast

Toast &  
Cereal Choice  
or  
Breakfast Burrito  
  
Raisins  
Fruit & Yogurt  
Graham Crackers  
Milk & Juice

**Wednesday, March 8**

### Breakfast

Toast &  
Cereal Choice  
or  
Buttermilk Bar  
  
Raisins  
Fruit & Yogurt  
Graham Crackers  
Milk & Juice

**Thursday, March 9**

### Breakfast

Toast &  
Cereal Choice  
or  
Whole Grain  
Breakfast Bar  
Raisins  
Fruit & Yogurt  
Graham Crackers  
Milk & Juice

**Friday, March 10**

### Breakfast

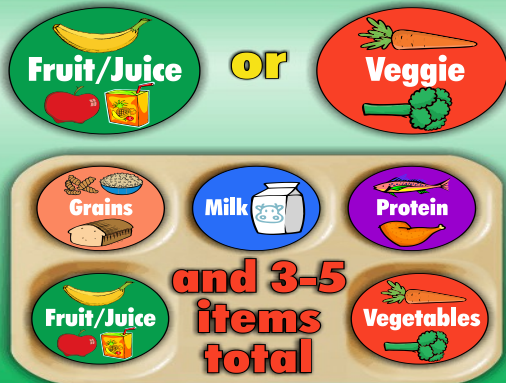
Toast &  
Cereal Choice  
or  
Banana Bread  
  
Raisins  
Fruit & Yogurt  
Graham Crackers  
Milk & Juice



**However you  
measure time at  
your house,  
don't forget  
to move the  
clocks ahead  
one hour on  
March 12!**

# DON'T GET!

To make a lunch,  
choose at least one



2022-23 Breakfast & Lunch Prices	
Breakfast:	
Grades K-4	— \$2.00
Grades 5-7	— \$2.25
Lunch:	
Grades K-4	— \$3.50
Grades 5-7	— \$3.75
Milk Only	— .70 cents
Students who qualify for Free or Reduced Price Meals: No Charge for Breakfast & Lunch, .70 cents for milk ala carte.	

Monday, March 13

## Breakfast

Toast &  
Cereal Choice  
or  
Mini Maple Waffle  
Raisins  
Fruit & Yogurt  
Graham Crackers  
Milk & Juice

Tuesday, March 14

## Breakfast

Toast &  
Cereal Choice  
or  
Honey Bun  
  
Raisins  
Fruit & Yogurt  
Graham Crackers  
Milk & Juice

Wednesday, March 15

## Breakfast

Toast &  
Cereal Choice OR  
Mini Bagels w/  
Strawberry Cream  
Cheese  
Raisins  
Fruit & Yogurt  
Graham Crackers  
Milk & Juice

Thursday, March 16

## Breakfast

Toast &  
Cereal Choice  
or  
Pancake on a Stick  
  
Raisins  
Fruit & Yogurt  
Graham Crackers  
Milk & Juice

Friday, March 17

## Breakfast

Toast &  
Cereal Choice  
or  
Pumpkin Bread  
  
Raisins  
Fruit & Yogurt  
Graham Crackers  
Milk & Juice

Monday, March 20

## Breakfast

Toast &  
Cereal Choice  
or  
Chocolate Muffin  
  
Raisins  
Fruit & Yogurt  
Graham Crackers  
Milk & Juice

Tuesday, March 21

## Breakfast

Toast &  
Cereal Choice  
or  
Turkey Ham &  
Cheese Breakfast  
Sandwich  
Raisins  
Fruit & Yogurt  
Graham Crackers  
Milk & Juice

Wednesday, March 22

## Breakfast

Toast &  
Cereal Choice  
or  
Cinnamon Roll  
  
Raisins  
Fruit & Yogurt  
Graham Crackers  
Milk & Juice

Thursday, March 23

## Breakfast

Toast &  
Cereal Choice  
or  
Pancake & Sausage  
w/Syrup  
  
Fruit & Yogurt  
Graham Crackers  
Milk & Juice

Friday, March 24

## Breakfast

Toast &  
Cereal Choice  
or  
Mini Blueberry  
Waffle  
Raisins  
Fruit & Yogurt  
Graham Crackers  
Milk & Juice

Monday, March 27

## Breakfast

Toast &  
Cereal Choice  
or  
Blueberry Muffin  
  
Raisins  
Fruit & Yogurt  
Graham Crackers  
Milk & Juice

Tuesday, March 28

## Breakfast

Toast &  
Cereal Choice  
or  
Breakfast Burrito  
  
Raisins  
Fruit & Yogurt  
Graham Crackers  
Milk & Juice

Wednesday, March 29

## Breakfast

Toast &  
Cereal Choice  
or  
Buttermilk Bar  
  
Raisins  
Fruit & Yogurt  
Graham Crackers  
Milk & Juice

Thursday, March 30

## Breakfast

Toast &  
Cereal Choice  
or  
Whole Grain  
Breakfast Bar  
Raisins  
Fruit & Yogurt  
Graham Crackers  
Milk & Juice

Friday, March 31

## Breakfast

Toast &  
Cereal Choice  
or  
Banana Bread  
  
Raisins  
Fruit & Yogurt  
Graham Crackers  
Milk & Juice