

# March 2021

## Roland-Story Elementary School

### BREAKFAST



This institution is an equal opportunity provider.



**Nutrition Tip:** March is National Nutrition Month! To celebrate, try eating at least one new food each week. Keep it interesting by picking out new foods you've never tried before, like mango, lentils, quinoa, kale, or sardines.

References: Academy of Nutrition & Dietetics, USDA MyPlate

### Monday

Ham Breakfast Bar  
Apple/Banana/Orange  
Milk

1

### Tuesday

Mini Cinnamon Rolls  
Apple/Banana/Orange  
Milk

2

### Wednesday

Breakfast Pizza  
Apple/Banana/Orange  
Milk

3

### Thursday

Sausage Pancake Bites  
Apple/Banana/Orange  
Milk

4

### Friday

Cereal  
Muffin  
Apple/Banana/Orange  
Milk

5

Ham Breakfast Bar  
Apple/Banana/Orange  
Milk

8

Mini Bagel w/Strawberry  
Cream Cheese  
Blueberries  
Milk

9

Breakfast Pizza  
Apple/Banana/Orange  
Milk

10

Sausage Pancake Bites  
Apple/Banana/Orange  
Milk

11

Cereal  
Pop tart  
Apple/Banana/Orange  
Milk

12

**SPRING BREAK  
NO SCHOOL**

15

**SPRING BREAK  
NO SCHOOL**

16

**SPRING BREAK  
NO SCHOOL**

17

**SPRING BREAK  
NO SCHOOL**

18

**SPRING BREAK  
NO SCHOOL**

19

Ham Breakfast Bar  
Apple/Banana/Orange  
Milk

22

Mini Pancakes  
Apple/Banana/Orange  
Milk

23

Breakfast Pizza  
Apple/Banana/Orange  
Milk

24

Sausage Pancake Bites  
Apple/Banana/Orange  
Milk

25

Cereal  
Graham Crackers  
Apple/Banana/Orange  
Milk

26

Ham Breakfast Bar  
Apple/Banana/Orange  
Milk

29

Sausage, Egg, and  
Cheese Biscuit  
Apple/Banana/Orange  
Milk

30

Breakfast Pizza  
Apple/Banana/Orange  
Milk

31

**Milk offered daily:**  
White, Chocolate, and  
Strawberry Skim Milk  
White 1% Milk

