

Celebrate National School Breakfast Week! March 7-11, 2022



**It's a great time
to try out
school breakfast!**

PARENTS: Did you know?
Your child can super charge with healthy breakfast options at school!

TAKE OFF WITH SCHOOL BREAKFAST

Studies show that students who eat school breakfast are more likely to:

✓ Reach higher levels of achievement in reading and math

✓ Score higher on standardized tests

✓ Have better concentration and memory

✓ Be more alert

A nutritious breakfast at the start of the day is a great way to ensure students are energized and ready to learn!



Salsa Bar for Breakfast Bar

Red and Green Salsa, Sour Cream, Shredded Cheese, Jalapenos, Fresh Fruit

Monday 3/7/22 Breakfast Bar

Egg, Bacon, Sausage, Refried beans, Tortillas

Tuesday 3/8/22 Breakfast Bar

Diced Ham with Scramble eggs, Tater Tots, Tortillas

Wednesday 3/9/22 New Items

Egg, Cheese & Sausage Crumble Breakfast Wrap

Cheese & Sausage Bagel, Fresh Pineapple

In addition, we will serve cold cereal and yogurt parfait

Thursday 3/20/22 Breakfast Bar

Egg, Bacon, Sausage, Diced Potatoes, Tortillas

Friday 3/11/22 Breakfast Bar

Egg, Bacon, Sausage, Refried beans, Tortillas