March 2018 Breakfast Grab and Go

KEYSTONE
FOOD SERVICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
To begin this year, I want to ask you to do something for me....would you take this 8 question survey and help me out?			1 Cinnamon Roll or Pop tarts Fruit Juice Milk	2 Yogurt Parfait or Cereal Bars Fruit Juice Milk
5	6 French Toast Sticks or Pop Tart Fruit Juice Milk	7 Sausage Biscuit or Cereal Bars Fruit Juice Milk	8 Pancake on a stick or Pop Tart Fruit Juice Milk	9 Donut & Strawberry/Banana Yogurt or Cereal Bars Fruit Juice Milk
12	13 Cinnamon Roll or Pop Tarts Fruit Juice Milk	14 Breakfast Biscuit (Sausage, Egg, Cheese) or Cereal Bars Fruit Juice Milk	15 Blueberry Pancake Bites or Pop Tarts Fruit Juice Milk	16 Muffin & Cheese Stick or Cereal Bars Fruit Juice Milk
19 No School Spring Break	20 No School Spring Break	21 No School Spring Break	22 No School Spring Break	23 No School Spring Break
26	27 Sausage, egg, and cheese biscuit or Pop Tarts Fruit Juice Milk	28 Pancake minis or Cereal Bars Fruit Juice Milk	29 Breakfast Burrito or Pop Tarts Fruit Juice Milk	30 Cinnamon Roll Strawberry/Banana Yogurt or Cereal Bars Fruit Juice Milk

The following are great sources of protein at breakfast: Yogurt, Cheese Stick, Milk, Eggs, Oatmeal, Ham, Sausage, and Cheese. Choosing an item high in protein is a great way to start your day.

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