

MARCH

Breakfast



LYONS SCHOOL DISTRICT 103 BTG - Breakfast K-12

Monday	Tuesday	Wednesday	Thursday	Friday
February 25, 2019	February 26, 2019	February 27, 2019	February 28, 2019	March 1, 2019
				FROSTED CORN FLAKES Animal Graham Crackers Fresh Apple Choice of Milk
March 4, 2019	March 5, 2019	March 6, 2019	March 7, 2019	March 8, 2019
	COCOA PUFFS Strawberry Square Apple Juice Pineapple Tidbits Choice of Milk	CINNAMON TOAST CRUNCH Strawberry Square Blended Fruit Juice Fresh Apple Choice of Milk	RICE CHEX Cherry Breakfast Bar Blended Fruit Juice Fresh Orange Choice of Milk	CHEERIOS Maple Breakfast Square Fresh Apple Choice of Milk
March 11, 2019	March 12, 2019	March 13, 2019	March 14, 2019	March 15, 2019
GOLDEN GRAHAM CEREAL Vanilla Breakfast Squares Apple Juice Discontinued Choice of Milk	TRIX CEREAL Graham Crackers Strawberry Kiwi Juice Diced Pears Choice of Milk	CINNAMON CHEX Cherry Breakfast Bar Fresh Apple Choice of Milk	FROSTED CORN FLAKES Graham Crackers Strawberry Kiwi Juice Fresh Banana Choice of Milk	APPLE CINNAMON CHEERIOS Maple Breakfast Square Fresh Apple Choice of Milk
March 18, 2019	March 19, 2019	March 20, 2019	March 21, 2019	March 22, 2019
FRUITY CHEERIOS Maple Breakfast Square Orange Tangerine Juice Discontinued Choice of Milk	COCOA PUFFS Strawberry Square Apple Juice Diced Peaches Choice of Milk	FROSTED CORN FLAKES Animal Graham Crackers Fresh Apple Choice of Milk	RICE CHEX Cherry Breakfast Bar Blended Fruit Juice Fresh Orange Choice of Milk	CHEERIOS Maple Breakfast Square Fresh Apple Choice of Milk
March 25, 2019	March 26, 2019	March 27, 2019	March 28, 2019	March 29, 2019
GOLDEN GRAHAM CEREAL Vanilla Breakfast Squares Apple Juice Craisins Choice of Milk	RICE CHEX Cherry Breakfast Bar Blended Fruit Juice Diced Pears Choice of Milk	TRIX CEREAL Graham Crackers Fresh Apple Choice of Milk	CINNAMON TOAST CRUNCH Strawberry Square Blended Fruit Juice Fresh Banana Choice of Milk	CHEERIOS Maple Breakfast Square Fresh Apple Choice of Milk

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. ** MENU SUBJECT TO CHANGE **

^ Denotes item is whole-grain/whole wheat

*** This institution is an equal opportunity provider.

www.preferredmeals.com



	RICE CHEX Cherry Breakfast Bar Blended Fruit Juice	330	6	2	0	0	315	66	3	25	5	100	6	100	10	G/B:2sv WG F:1/2c
	Fresh Orange	61	0	0	0	0	0	15	3	12	1	14	69	52	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
03-22- 2019	CHEERIOS Maple Breakfast Square	210	6	2	0	0	180	37	4	6	5	10	6	10	8	G/B:2sv WG
	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0	F:1c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
03-25- 2019	GOLDEN GRAHAM CEREAL Vanilla Breakfast Squares Apple Juice	270	6	1	0	0	265	55	2	26	3	120	5	80	4	G/B:2sv WG F:1/2c
	Craisins	110	0	0	0	0	0	28	3	24	0	0	0	0	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
03-26- 2019	RICE CHEX Cherry Breakfast Bar Blended Fruit Juice	330	6	2	0	0	315	66	3	25	5	100	6	100	10	G/B:2sv WG F:1/2c
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
03-27- 2019	TRIX CEREAL Graham Crackers	200	4	0	0	24	240	40	2	11	3	220	5	180	5	G/B:2sv WG
	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0	F:1c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
03-28- 2019	CINNAMON TOAST CRUNCH Strawberry Square Blended Fruit Juice	280	8	2	0	0	205	53	4	25	3	120	65	300	4	G/B:2sv WG F:1/2c
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
03-29- 2019	CHEERIOS Maple Breakfast Square	210	6	2	0	0	180	37	4	6	5	10	6	10	8	G/B:2sv WG
	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0	F:1c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	

Meal Contributions : M/MA = Meat/Meat Alternate F = Fruit V = Vegetable G/B = Grain/Bread W/G = Whole Grain
Vegetable Types : DG = Dark Green R/O = Red/Orange L = Legumes S = Starchy O = Other

