

# March 2020

# 9-12 Cold Breakfast

## Central City Cyber High

**Nutrition tip:** Pineapples are high in Vitamin C, B Vitamins, minerals and antioxidants that can help boost overall health!

Reference: [www.medicalnewstoday.com](http://www.medicalnewstoday.com)

Monday

Tuesday

Wednesday

Thursday

Friday

WG General Mills Cereal Bars  
WG Assorted Cereal or Cracker  
100% Juice Cup  
Seasonal Fruit  
Choice of Milk

WG Cinnamon Chex  
Cheese Stick  
100% Juice Cup  
Seasonal Fruit  
Choice of Milk

NEW! WG Cinnamon Toast  
Crunch Soft Filled Bread  
100% Juice Cup  
Seasonal Fruit  
Choice of Milk

NEW! WG Frosted Flakes  
WG Assorted Graham Cracker  
100% Juice Cup  
Seasonal Fruit  
Choice of Milk

WG Grape Jelly Crescents  
100% Juice Cup  
Seasonal Fruit  
Choice of Milk

NEW! WG Appleways Granola Bites  
Yogurt Cup  
100% Juice Cup  
Seasonal Fruit  
Choice of Milk

WG Reduced-Sugar Cinnamon  
Toast Crunch  
WG Assorted Graham Cracker  
100% Juice Cup  
Seasonal Fruit  
Choice of Milk

WG Cream Cheese-Filled Bagels  
100% Juice Cup  
Seasonal Fruit  
Choice of Milk

WG Multigrain Cheerios  
WG Assorted Graham Cracker  
100% Juice Cup  
Seasonal Fruit  
Choice of Milk

WG Gripz Cinnamon Grahams  
Cheese Stick  
100% Juice Cup  
Seasonal Fruit  
Choice of Milk

WG Dunker Bar  
100% Juice Cup  
Seasonal Fruit  
Choice of Milk

WG Reduced-Sugar Cocoa Puffs  
WG Assorted Graham Cracker  
100% Juice Cup  
Seasonal Fruit  
Choice of Milk

Whole Grain Breakfast Muffin  
Cheese Stick  
100% Juice Cup  
Seasonal Fruit  
Choice of Milk

WG Frosted Mini Wheats  
WG Assorted Graham Cracker  
100% Juice Cup  
Seasonal Fruit  
Choice of Milk

WG Mini Cinnis  
100% Juice Cup  
Seasonal Fruit  
Choice of Milk

Whole Grain Breakfast Bread  
100% Juice Cup  
Seasonal Fruit  
Choice of Milk

WG Cheerios  
WG Assorted Graham Cracker  
100% Juice Cup  
Seasonal Fruit  
Choice of Milk

WG UBR Bar  
100% Juice Cup  
Seasonal Fruit  
Choice of Milk

WG Cinnamon Flakes  
Cheese Stick  
100% Juice Cup  
Seasonal Fruit  
Choice of Milk

WG Granola  
Yogurt Cup  
100% Juice Cup  
Seasonal Fruit  
Choice of Milk

WG General Mills Cereal Bars  
WG Assorted Cereal or Cracker  
100% Juice Cup  
Seasonal Fruit  
Choice of Milk

WG Cinnamon Chex  
Cheese Stick  
100% Juice Cup  
Seasonal Fruit  
Choice of Milk