

March 2020 CACFP Hot Breakfast Tues/Thurs

Central City Cyberschool

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

Reference: www.medicalnewstoday.com

Monday

WG Granola
Yogurt Cup
Seasonal Fruit
Milk

Tuesday

Cheesy Omelet
Seasonal Fruit
Milk

Wednesday

Hard-Boiled Egg
Seasonal Fruit
Milk

Thursday

Whole Grain Pancakes
Syrup
Seasonal Fruit
Milk

Friday

School Closed

**No Student
Attendance**

School Closed

**No Student/Staff
Attendance**

WG Cinnamon Biscuit
Seasonal Fruit
Milk

WG Cream Cheese-Filled Bagels
Seasonal Fruit
Milk

Egg Patty and Cheese on a
Whole Grain English Muffin
Seasonal Fruit
Milk

WG Gripsz Cinnamon Grahams
Seasonal Fruit
Milk

WG Cream Cheese-Filled Bagels
Seasonal Fruit
Milk

WG French Toast Sticks
Syrup
Seasonal Fruit
Milk

Whole Grain Breakfast Muffin
Seasonal Fruit
Milk

Whole Grain Pancakes
Syrup
Seasonal Fruit
Milk

Hard-Boiled Egg
Seasonal Fruit
Milk

Spring Recess

**No Student/Staff
Attendance**

Spring Recess

**No Student/Staff
Attendance**

Spring Recess

**No Student/Staff
Attendance**

Spring Recess

**No Student/Staff
Attendance**

Spring Recess

**No Student/Staff
Attendance**

Whole Grain Breakfast item
Seasonal Fruit
Milk

Cheesy Omelet
Seasonal Fruit
Milk