

March 2020

Fuel4U

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

Tuesday

Wednesday

Thursday

Friday

WG Cinnamon Toast Crunch Cereal
WG Vanilla Bear Graham
100% Juice Cup
Seasonal Fruit
Choice of Milk

WG Cocoa Puffs Cereal
WG Cinnamon Grahams
100% Juice Cup
Seasonal Fruit
Choice of Milk

WG Frosted Flakes Cereal
WG Chocolate Bear Graham
100% Juice Cup
Seasonal Fruit
Choice of Milk

WG Kellogg's Cinnamon Flakes
WG Chocolate Bear Graham
100% Juice Cup
Seasonal Fruit
Choice of Milk

School Closed
No Student Attendance

School Closed
No Student Attendance

Multi Grain Cheerios
WG Strawberry Waffle Grahams
100% Juice Cup
Seasonal Fruit
Choice of Milk

WG Trix Cereal
WG Cinnamon Grahams
100% Juice Cup
Seasonal Fruit
Choice of Milk

WG Cinnamon Chex
WG Chocolate Bear Graham
100% Juice Cup
Seasonal Fruit
Choice of Milk

WG Strawberry Frosted Shredded Wheat
WG Honey Graham
100% Juice Cup
Seasonal Fruit
Choice of Milk

WG Corn Chex
WG Berry Bear Graham
100% Juice Cup
Seasonal Fruit
Choice of Milk

WG Cinnamon Toast Crunch Cereal
WG Vanilla Bear Graham
100% Juice Cup
Seasonal Fruit
Choice of Milk

WG Cocoa Puffs Cereal
WG Cinnamon Grahams
100% Juice Cup
Seasonal Fruit
Choice of Milk

WG Frosted Flakes Cereal
WG Chocolate Bear Graham
100% Juice Cup
Seasonal Fruit
Choice of Milk

WG Kellogg's Cinnamon Flakes
WG Chocolate Bear Graham
100% Juice Cup
Seasonal Fruit
Choice of 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

WG Strawberry Frosted Shredded Wheat
WG Honey Graham
100% Juice Cup
Seasonal Fruit
Choice of Milk

WG Corn Chex
WG Berry Bear Graham
100% Juice Cup
Seasonal Fruit
Choice of Milk