

March 2020

K-8 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

Tuesday

Wednesday

Thursday

Friday

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

Cheesy Omelet
100% Juice Cup
Seasonal Fruit
Choice of Milk

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

Whole Grain Pancakes
Syrup
100% Juice Cup
Seasonal Fruit
Choice of Milk

School Closed
No Student
Attendance

School Closed
No Student/Staff
Attendance

WG Cinnamon Biscuit
100% Juice Cup
Seasonal Fruit
Choice of Milk

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

Egg Patty and Cheese
on a Whole Grain English Muffin
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 French Toast Sticks
Syrup
100% Juice Cup
Seasonal Fruit
Choice of Milk

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

Whole Grain Frudel
100% Juice Cup
Seasonal Fruit
Choice of Milk

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

Spring Recess
No Student/Staff
Attendance

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No Student/Staff
Attendance

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Attendance

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

Cheesy Omelet
100% Juice Cup
Seasonal Fruit
Choice of Milk