

March

2018

Elementary School District 159

Breakfast Menu



What is the **MOST** important meal of the day? It's **BREAKFAST**, make sure that you eat a good morning meal before school everyday!

Breakfast \$1.30
(Milk included with meal)
Milk 50¢
Offered Daily:
Fat Free Flavored
1% White

The Best way to start off each day is a well **Balanced Breakfast!!!!**
Whole Grain Cereals

Questions
Call Mary Kyler
Food Service Manager
708-283-9733
Menu changes may be necessary. Notice will be given when possible.
A comprehensive Nutrition & Allergy Guide is available in the Food Service Office.
For more information or to "Ask the Dietitian", check out our website!

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|----|--|--|--|---|---|
| | | | | 1 NO SCHOOL PARENT/TEACHER CONFERENCES | 2 NO SCHOOL PARENT/TEACHER CONFERENCES |
| 5 | NO SCHOOL CASIMIR PULASKI | 6 Hot Breakfast Mini Cinnis 40G Or Super Donut 29G Fresh Fruit 100% Fruit Juice | 7 Trix Cereal 24G Vanilla Grahams Orange Halves 100% Fruit Juice | 8 French Toast Sticks 42G w/Syrup Or Zucchini Bread 43G Applesauce 100% Fruit Juice | 9 Apple Oat Bar 48G Orange Halves 100% Fruit Juice |
| 12 | Trix Cereal 24G Vanilla Graham Bears Fresh Pears 100% Fruit Juice | 13 Hot Breakfast Maple Waffle 38G Or Mini Blueberry Muffin 25G Applesauce 100% Fruit Juice | 14 Apple Oat Bar 48G Fresh Pears 100% Fruit Juice | 15 Hot Breakfast French Toast Sticks 42G Or Pop Tart 38G Vanilla Grahams Mixed Fruit 100% Fruit Juice | 16 Yogurt 19G & String Cheese 1G Fresh Fruit 100% Fruit Juice |
| 19 | Cocoa Puffs 25G Vanilla Graham Bears Applesauce 100% Fruit Juice | 20 Hot Breakfast Blueberry Pancakes 42G Or Honey Bun 34G Orange Halves 100% Fruit Juice | 21 Super Donut 29G Orange Halves 100% Fruit Juice | 22 Hot Breakfast French Toast Sticks 42G w/Syrup Or Zucchini Bread 43G Applesauce 100% Fruit Juice | 23 Trix Cereal 24G Vanilla Grahams Orange Halves 100% Fruit Juice |
| 26 | Zucchini Bread 43G Orange Halves 100% Fruit Juice | 27 Hot Breakfast Mini Cinnis 40G Or Super Donut 29G Pineapple 100% Fruit Juice | 28 Trix Cereal 24G Vanilla Graham Bears Fresh Pears 100% Fruit Juice | 29 Hot Breakfast Blueberry Pancakes 42G Or Honey Bun 34G Orange Halves 100% Fruit Juice | 30 NO SCHOOL SPRING RECESS BEGINS |

Neither Elementary School District 159, nor Arbor Management, Inc., shall be liable to any person for any physical injury or other adverse consequences which may arise as an alleged result of any inaccuracy in the estimate of carbohydrates. Manufacturer labels are the source of the information on menus. Thank you.

(*) Contains Pork