



# MARCH 2023

## EAST ELEMENTARY SCHOOL BREAKFAST MENU

MEALS ARE FREE  
FOR ALL  
STUDENTS

JUST STOP BY THE  
CAFETERIA WHEN  
YOU ARRIVE AT  
SCHOOL AND GRAB A  
BAG.

BE SURE TO HAVE  
YOUR NAME  
CHECKED OFF

QUESTIONS:  
Please call your  
school Cafeteria

All Lunches  
Must Include  
Choice of:  
Fruits and/or  
Vegetable  
And May  
Include:  
1% Low-Fat  
Milk

MON	TUES	WED	THURS	FRI
		<sup>1</sup> Mini Cinnamon Rolls  Fresh Fruit 100% Fruit Juice Milk	<sup>2</sup> Bagel with Cream Cheese  Fresh Fruit 100% Fruit Juice Milk	<sup>3</sup> Mini Berry French Toast  Fresh Fruit 100% Fruit Juice Milk
<sup>4</sup> Kellogg's PopTart  Apple Slices 100% Fruit Juice Milk	<sup>5</sup> Chocolate Chip Muffin Cheese Stick Whole Orange 100% Fruit Juice Milk	<sup>6</sup> Confetti Rce Krispy Treat  Banana 100% Fruit Juice Milk	<sup>7</sup> Yogurt Cup Scooby Sticks  Apple Slices 100% Fruit Juice Milk	<sup>8</sup> Cinnamon Toast Crunch Cereal Bar Graham Crackers  Fresh Fruit 100% Fruit Juice Milk
<sup>9</sup> Cocoa Puff Cereal Bar Graham Crackers Fresh Fruit 100% Fruit Juice Milk	<sup>10</sup> Blueberry Muffin Graham Crackers  Fresh Fruit 100% Fruit Juice Milk	<sup>11</sup> Mini Cinnamon French Toast Bites  Fresh Fruit 100% Fruit Juice Milk	<sup>12</sup> Bagel Stick Stuffed With Cream Cheese  Fresh Fruit 100% Fruit Juice Milk	<sup>13</sup> Mini Maple Waffles  Fresh Fruit 100% Fruit Juice Milk
<sup>14</sup> Nutri-Grain Breakfast Bar Scooby Graham Sticks Fresh Fruit 100% Fruit Juice Milk	<sup>15</sup> Apple Cinnamon Muffin Graham Crackers  Fresh Fruit 100% Fruit Juice Milk	<sup>16</sup> Cereal Bar String Cheese  Fresh Fruit 100% Fruit Juice Milk	<sup>17</sup> Mini Cinnamon Buns  Fresh Fruit 100% Fruit Juice Milk	<sup>18</sup> Kellogg's WG <sup>4</sup> Pop Tart Cheese Stick  Fresh Fruit 100% Fruit Juice Milk
<sup>19</sup> Chocolate Chip Muffin, Yogurt Cup  Fresh Fruit 100% Fruit Juice Milk	<sup>20</sup> Assorted Whole Grain Cereal Graham Crackers Fresh Fruit 100% Fruit Juice Milk	<sup>21</sup> Apple Strudel Stick  Fresh Fruit 100% Fruit Juice Milk	<sup>22</sup> Bagel with Cream Cheese  Fresh Fruit 100% Fruit Juice Milk	<sup>23</sup> Kellogg's WG Pop Tart Cheese Stick  Fresh Fruit 100% Fruit Juice Milk

Menus are  
subject  
change.

State requires offering of 1 cup of fruit at breakfast. Students must take at least ½ cup of fruit

**CHOICE OF WG CEREALS WITH GRAHAM CRACKERS:**

Cinnamon Toast Crunch, Cheerios, Lucky Charms, Cocoa Puffs

**CHOICE OF MILK:**

Low Fat Plain Milk, Fat Free Chocolate, and Fat Free Plain.

**CHOICE OF FRUITS AND JUICE:**

May include Fresh Apples, Fresh Oranges, Fresh Bananas, Apple Juice, Orange Juice, Fruit Blend Juice, or Chilled Fruit Cups



This institution is an equal  
opportunity providers

