



# BREAKFAST @SCHOOL


**For first-class learning!**

**School District Name or other info here**

Featuring  
Healthy Fruits  
& Grains!

**BREAKFAST MENU  
FOR MARCH 2018**

This institution is an equal opportunity provider. Menu is subject to change.

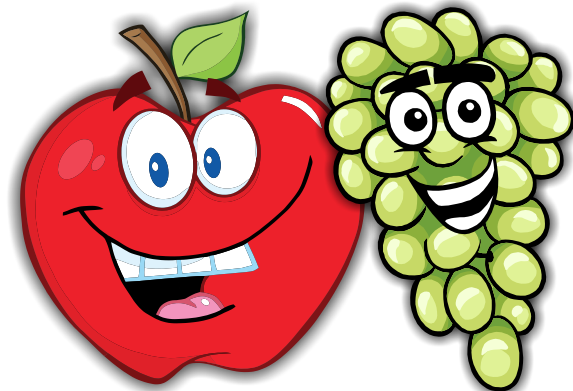
I  SCHOOL  
**BREAKFAST**  
Kids! Join us March 5-9 for  
**National School Breakfast Week 2018**



Don't forget to  
set your clocks  
forward one hour  
on Sunday,  
March 11!

Thursday, March 1

Friday, March 2



come join us for

**Breakfast@School**

Monday, March 5

Tuesday, March 6

Wednesday, March 7

Thursday, March 8

Friday, March 9



Monday, March 12	Tuesday, March 13	Wednesday, March 14	Thursday, March 15	Friday, March 16
Monday, March 19	Tuesday, March 20	Wednesday, March 21	Thursday, March 22	Friday, March 23
Monday, March 26	Tuesday, March 27	Wednesday, March 28	Thursday, March 29	Friday, March 30

# First things First

To make a breakfast, choose at least one




**Change the name at the bottom of the tray, using ALL CAPS!**




three items total



**BREWSTER CENTRAL SCHOOL DISTRICT  
CHILD NUTRITION SERVICES**

# EGG-CELLENT.



Ah, the humble, wonderful egg! Just 75 or so calories, but with seven grams of high-quality protein, plus iron, vitamins, minerals, and other disease fighting nutrients. Versatile for cooking. Inexpensive. Readily available. Perhaps the perfect food - for breakfast, or any time!

**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.**  
**WELLNESS IS A WAY OF LIFE!**