

MARCH 2017

ACS Elementary Breakfast Grade K-5 \$1.10



MONDAY

DID YOU KNOW...

March was the first month of the year until the Gregorian calendar began to be used in 1752.

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1
Choose 1
Warm Doughnut
or
Cereal (1 or 2)

Choices
Milk
100% Fruit Juice
Fresh Fruit

2
Choose 1
Breakfast Pizza
or
Cereal (1 or 2)

Choices
Milk
100% Fruit Juice
Fresh Fruit

3
Choose 1
Egg McAkron w/ Sausage
or
Cereal (1 or 2)

Choices
Milk
100% Fruit Juice
Fresh Fruit

6
Choose 1
Variety Poptarts
or
Cereal (1 or 2)

Choices
Milk
100% Fruit Juice
Fresh Fruit

7
Choose 1
Oatmeal Bar
or
Cereal (1 or 2)

Choices
Milk
100% Fruit Juice
Fresh Fruit

8
Choose 1
Super Doughnut
or
Cereal (1 or 2)

Choices
Milk
100% Fruit Juice
Fresh Fruit

9
Choose 1
Pancakes w/ Warm Syrup
or
Cereal (1 or 2)

Choices
Milk
100% Fruit Juice
Fresh Fruit

10
Choose 1
Yogurt Cup
or
Cereal (1 or 2)

Choices
Milk
100% Fruit Juice
Fresh Fruit

13
Choose 1
Warm Biscuits w/ Toppers
or
Cereal (1 or 2)

Choices
Milk
100% Fruit Juice
Fresh Fruit

14
Choose 1
French Toast Sticks
w/ Warm Syrup
or
Cereal (1 or 2)

Choices
Milk
100% Fruit Juice
Fresh Fruit

15
Choose 1
Warm Frudel
or
Cereal (1 or 2)

Choices
Milk
100% Fruit Juice
Fresh Fruit

16
Choose 1
Scrambled Eggs w/ Toast
or
Cereal (1 or 2)

Choices
Milk
100% Fruit Juice
Fresh Fruit

17
Choose 1
Warm Cinni Minis
or
Cereal (1 or 2)

Choices
Milk
100% Fruit Juice
Fresh Fruit

20
Choose 1
Bagel w/ Toppers
or
Cereal (1 or 2)

Choices
Milk
100% Fruit Juice
Fresh Fruit

21
Choose 1
Omelet w/ Toast
or
Cereal (1 or 2)

Choices
Milk
100% Fruit Juice
Fresh Fruit

22
Choose 1
Fruited Mini Loaf
or
Cereal (1 or 2)

Choices
Milk
100% Fruit Juice
Fresh Fruit

23
Choose 1
Breakfast Pizza
or
Cereal (1 or 2)

Choices
Milk
100% Fruit Juice
Fresh Fruit

24
Choose 1
Warm Doughnut
or
Cereal (1 or 2)

Choices
Milk
100% Fruit Juice
Fresh Fruit

27
Choose 1
Variety Poptarts
or
Cereal (1 or 2)

Choices
Milk
100% Fruit Juice
Fresh Fruit

28
Choose 1
Oatmeal Bar
or
Cereal (1 or 2)

Choices
Milk
100% Fruit Juice
Fresh Fruit

29
Choose 1
Egg McAkron w/ Sausage
or
Cereal (1 or 2)

Choices
Milk
100% Fruit Juice
Fresh Fruit

30
Choose 1
Pancakes w/ Warm Syrup
or
Cereal (1 or 2)

Choices
Milk
100% Fruit Juice
Fresh Fruit

31
Choose 1
Super Doughnut
or
Cereal (1 or 2)

Choices
Milk
100% Fruit Juice
Fresh Fruit

A La Carte Breakfast Items May Be Purchased Individually

The 2010 Dietary Guidelines For Americans recommend that at least half of your grains are whole. For most people, that translates into at least 48 grams daily.



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Trix on a Stick

Ingredients:

- 1 Box of Trix Cereal
- 1 Stick of Butter, unsalted
- 1 Bag Mini Marshmallows

Directions:

- Spray large mixing bowl with cooking spray
- Add cereal to mixing bowl. Set Aside
- Heat butter and marshmallows in large saucepan over medium heat until melted and smooth. Remove from heat, allow to cool slightly.
- Form mixture into balls. Put into greased jumbo muffin pan.
- Place wooden popsicle stick into center of each ball while still warm.
- Cool completely to set.

