

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

Did you know that the first breakfast cereal was made of graham flour in 1863 by James Jackson and he called it Granula. The Mayo Clinic recommends eating a breakfast of whole grains, lean protein along with fruits and vegetables. Try to include foods like oatmeal, eggs, peanut or sunbutter along with whole fruits and or vegetable for a breakfast meal

**4**  
Mini Cinnamon Rolls  
Oatmeal Bar  
Muffin  
Fresh Fruit or Canned Fruit  
Fruit Juice  
Assorted Milk

**5**  
Breakfast Pizza  
Oatmeal Bar  
Muffin  
Fresh Fruit or Canned Fruit  
Fruit Juice  
Assorted Milk

**6**  
Cereal Variety  
Oatmeal Bar  
Muffin  
Fresh Fruit or Canned Fruit  
Fruit Juice  
Assorted Milk

**7**  
Fruit Frudel  
Oatmeal Bar  
Muffin  
Fresh Fruit or Canned Fruit  
Fruit Juice  
Assorted Milk

**8**  
**No School**

**11**  
Mini Cinnamon Rolls  
Oatmeal Bar  
Muffin  
Fresh Fruit or Canned Fruit  
Fruit Juice  
Assorted Milk

**12**  
Breakfast Pizza  
Oatmeal Bar  
Muffin  
Fresh Fruit or Canned Fruit  
Fruit Juice  
Assorted Milk

**13**  
Cereal Variety  
Oatmeal Bar  
Muffin  
Fresh Fruit or Canned Fruit  
Fruit Juice  
Assorted Milk

**14**  
Fruit Frudel  
Oatmeal Bar  
Muffin  
Fresh Fruit or Canned Fruit  
Fruit Juice  
Assorted Milk

**15**  
Mini French Toast  
Oatmeal Bar  
Muffin  
Fresh Fruit or Canned Fruit  
Fruit Juice  
Assorted Milk

**18**  
Mini Cinnamon Rolls  
Oatmeal Bar  
Muffin  
Fresh Fruit or Canned Fruit  
Fruit Juice  
Assorted Milk

**19**  
Breakfast Pizza  
Oatmeal Bar  
Muffin  
Fresh Fruit or Canned Fruit  
Fruit Juice  
Assorted Milk

**20**  
Cereal Variety  
Oatmeal Bar  
Muffin  
Fresh Fruit or Canned Fruit  
Fruit Juice  
Assorted Milk

**21**  
Fruit Frudel  
Oatmeal Bar  
Muffin  
Fresh Fruit or Canned Fruit  
Fruit Juice  
Assorted Milk

**22**  
**No School**

**25**  
**Spring Break**  
**No School**

**26**  
**Spring Break**  
**No School**

**27**  
**Spring Break**  
**No School**

**28**  
**Spring Break**  
**No School**

**29**  
**Spring Break**  
**No School**

School Information Breakfast is served at Bear Creek, Palmer Lake, Lewis-Palmer Elementary Schools & all secondary schools.

