

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

1
 Fruit Frudel Variety
 Oatmeal Bar
 Whole Grain Muffin Variety
 Seasonal Fresh Fruit
 Fruit Juice
 Assorted Milk

4
 PBJ Sandwich /Crackers
 Oatmeal Bar
 Whole Grain Muffin Variety
 Seasonal Fresh Fruit
 Fruit Juice
 Assorted Milk

5
 Cheese Bosco Stick
 Oatmeal Bar
 Whole Grain Muffin Variety
 Seasonal Fresh Fruit
 Fruit Juice
 Assorted Milk

6
 Taquitos
 Oatmeal Bar
 Whole Grain Muffin Variety
 Seasonal Fresh Fruit
 Fruit Juice
 Assorted Milk

7
 Mini Pancakes
 Oatmeal Bar
 Whole Grain Muffin Variety
 Seasonal Fresh Fruit
 Fruit Juice

8
 Fruit Frudel Variety
 Oatmeal Bar
 Whole Grain Muffin Variety
 Seasonal Fresh Fruit
 Fruit Juice
 Assorted Milk

11
 PBJ Sandwich /Crackers
 Oatmeal Bar
 Whole Grain Muffin Variety
 Seasonal Fresh Fruit
 Fruit Juice
 Assorted Milk

12
 Cheese Bosco Stick
 Oatmeal Bar
 Whole Grain Muffin Variety
 Seasonal Fresh Fruit
 Fruit Juice
 Assorted Milk

13
 Taquitos
 Oatmeal Bar
 Whole Grain Muffin Variety
 Seasonal Fresh Fruit
 Fruit Juice
 Assorted Milk

14
 Mini Pancakes
 Oatmeal Bar
 Whole Grain Muffin Variety
 Seasonal Fresh Fruit
 Fruit Juice

15
 Fruit Frudel Variety
 Oatmeal Bar
 Whole Grain Muffin Variety
 Seasonal Fresh Fruit
 Fruit Juice
 Assorted Milk

18
 PBJ Sandwich /Crackers
 Oatmeal Bar
 Whole Grain Muffin Variety
 Seasonal Fresh Fruit
 Fruit Juice
 Assorted Milk

19
 Cheese Bosco Stick
 Oatmeal Bar
 Whole Grain Muffin Variety
 Seasonal Fresh Fruit
 Fruit Juice
 Assorted Milk

20
 Taquitos
 Oatmeal Bar
 Whole Grain Muffin Variety
 Seasonal Fresh Fruit
 Fruit Juice
 Assorted Milk

21
 Mini Pancakes
 Oatmeal Bar
 Whole Grain Muffin Variety
 Seasonal Fresh Fruit
 Fruit Juice

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

Breakfast is served at Bear Creek, Palmer Lake and Lewis Palmer Elementary Schools and all secondary schools

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