

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

1
Mini French Toast
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.

