

Monday

Tuesday

Wednesday

Thursday

Friday

USDA is an equal

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
 Sausage or Ham Burrito
 Oatmeal Bar
 Whole Grain Muffin Variety
 Seasonal Fresh Fruit
 Fruit Juice
 Assorted Milk

5
 Breakfast Bear Burger
 Oatmeal Bar
 Whole Grain Muffin Variety
 Seasonal Fresh Fruit
 Fruit Juice
 Assorted Milk

6
 Egg Sausage Sandwich
 Oatmeal Bar
 Whole Grain Muffin Variety
 Seasonal Fresh Fruit
 Fruit Juice
 Assorted Milk

7
 Bagel & Egg Sandwich
 Oatmeal Bar
 Whole Grain Muffin Variety
 Seasonal Fresh Fruit
 Fruit Juice
 Assorted Milk

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

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

11
 Sausage or Ham Burrito
 Oatmeal Bar
 Whole Grain Muffin Variety
 Seasonal Fresh Fruit
 Fruit Juice
 Assorted Milk

12
 Breakfast Bear Burger
 Oatmeal Bar
 Whole Grain Muffin Variety
 Seasonal Fresh Fruit
 Fruit Juice
 Assorted Milk

13
 Egg Sausage Sandwich
 Oatmeal Bar
 Whole Grain Muffin Variety
 Seasonal Fresh Fruit
 Fruit Juice
 Assorted Milk

14
 Bagel & Egg Sandwich
 Oatmeal Bar
 Whole Grain Muffin Variety
 Seasonal Fresh Fruit
 Fruit Juice
 Assorted Milk

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

18
 Sausage or Ham Burrito
 Oatmeal Bar
 Whole Grain Muffin Variety
 Seasonal Fresh Fruit
 Fruit Juice
 Assorted Milk

19
 Breakfast Bear Burger
 Oatmeal Bar
 Whole Grain Muffin Variety
 Seasonal Fresh Fruit
 Fruit Juice
 Assorted Milk

20
 Egg Sausage Sandwich
 Oatmeal Bar
 Whole Grain Muffin Variety
 Seasonal Fresh Fruit
 Fruit Juice
 Assorted Milk

21
 Bagel & Egg Sandwich
 Oatmeal Bar
 Whole Grain Muffin Variety
 Seasonal Fresh 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

