

March Breakfast



This institution is an equal opportunity provider.
cws.mpls.k12.mn.us

CAFETERIA 2023



SELECTION OF FRUIT & MILK OFFERED DAILY

March is National Nutrition Month!



Eating with sustainability in mind is a tasty way to nourish ourselves and build healthy habits. Fuel your body and protect the environment!

W 1

Choose up to 2
French Toast
Bread
Cereal
Yogurt Cup

T 2

Choose up to 2
Brekkie
Breakfast Round
Cereal
Hard Boiled Egg

F 3

NO
SCHOOL

National School Breakfast Week Mar 6-10 #NSBW23



Overnight Oats
with Strawberries
OR
Apple Oatmeal
Bar
Cereal

Overnight Oats
with Blueberries
OR
Cinnamon Belgian
Waffle
Cereal

Overnight Oats
with Raspberries
OR
Banana
Bread
Cereal

Overnight Oats
with Mango
OR
French Toast
Sticks
Cereal

Overnight Oats
with Assorted Fruits
OR
Bagel with Cream
Cheese
Cereal

M 13

Choose up to 2
Strawberry
Oatmeal Bar
Cereal
Yogurt Cup

T 14

Choose up to 2
Blueberry
Belgian Waffle
Cereal
Cheese Stick

W 15

Choose up to 2
French Toast
Bread
Cereal
Yogurt Cup

T 16

Choose up to 2
Brekkie
Breakfast Round
Cereal
Hard Boiled Egg

F 17

Choose up to 2
Maple
Pancakes
Cereal
Cheese Stick

M 20

Choose up to 2
Apple
Oatmeal Bar
Cereal
Yogurt Cup

T 21

Choose up to 2
Cinnamon
Belgian Waffle
Cereal
Cheese Stick

W 22

Choose up to 2
Banana Bread
Cereal
Yogurt Cup

T 23

Choose up to 2
French Toast
Sticks
Cereal
Hard Boiled
Egg

F 24

Choose up to 2
Bagel with
Cream Cheese
Cereal
Cheese Stick

M 27

Choose up to 2
Strawberry
Oatmeal Bar
Cereal
Yogurt Cup

T 28

Choose up to 2
Blueberry
Belgian Waffle
Cereal
Cheese Stick

W 29

Choose up to 2
French Toast
Bread
Cereal
Yogurt Cup

T 30

Choose up to 2
Brekkie
Breakfast Round
Cereal
Hard Boiled Egg

F 31

NO
SCHOOL