

# March 2020

# 2-8 Cold Breakfast Menu



## Atonement Lutheran



**Nutrition tip:** Pineapples are high in Vitamin C, B Vitamins, minerals and antioxidants that can help boost overall health!

Reference: [www.medicalnewstoday.com](http://www.medicalnewstoday.com)

Monday

Tuesday

Wednesday

Thursday

Friday

2

WG General Mills Cereal Bars  
WG Assorted Cereal or Cracker  
100% Juice Cup  
Seasonal Fruit  
Choice of Milk

3

WG Cinnamon Chex  
Cheese Stick  
100% Juice Cup  
Seasonal Fruit  
Choice of Milk

4

NEW! WG Cinnamon Toast  
Crunch Soft Filled Bread  
100% Juice Cup  
Seasonal Fruit  
Choice of Milk

5

NEW! WG Frosted Flakes  
WG Assorted Graham Cracker  
100% Juice Cup  
Seasonal Fruit  
Choice of Milk

6

WG Grape Jelly Crescents  
100% Juice Cup  
Seasonal Fruit  
Choice of Milk

9

NEW! WG Appleyways Granola Bites  
Yogurt Cup  
100% Juice Cup  
Seasonal Fruit  
Choice of Milk

10

WG Reduced-Sugar Cinnamon  
Toast Crunch  
WG Assorted Graham Cracker  
100% Juice Cup  
Seasonal Fruit  
Choice of Milk

11

WG Cream Cheese-Filled Bagels  
100% Juice Cup  
Seasonal Fruit  
Choice of Milk

12

WG Multigrain Cheerios  
WG Assorted Graham Cracker  
100% Juice Cup  
Seasonal Fruit  
Choice of Milk

13

WG Gripz Cinnamon Grahams  
Cheese Stick  
100% Juice Cup  
Seasonal Fruit  
Choice of Milk

16

WG Dunker Bar  
100% Juice Cup  
Seasonal Fruit  
Choice of Milk

17

WG Reduced-Sugar Cocoa Puffs  
WG Assorted Graham Cracker  
100% Juice Cup  
Seasonal Fruit  
Choice of Milk

18

Whole Grain Breakfast Muffin  
Cheese Stick  
100% Juice Cup  
Seasonal Fruit  
Choice of Milk

19

WG Frosted Mini Wheats  
WG Assorted Graham Cracker  
100% Juice Cup  
Seasonal Fruit  
Choice of Milk

20

WG Mini Cinnis  
100% Juice Cup  
Seasonal Fruit  
Choice of Milk

23

**NO SCHOOL  
SPRING BREAK**

24

**NO SCHOOL  
SPRING BREAK**

25

**NO SCHOOL  
SPRING BREAK**

26

**NO SCHOOL  
SPRING BREAK**

27

**NO SCHOOL  
SPRING BREAK**

30

WG General Mills Cereal Bars  
WG Assorted Cereal or Cracker  
100% Juice Cup  
Seasonal Fruit  
Choice of Milk

31

WG Cinnamon Chex  
Cheese Stick  
100% Juice Cup  
Seasonal Fruit  
Choice of Milk

**Daily Milk:**

Skim white

Low fat white

Skim Chocolate

