

March 2020 Fuel4U 4K-1 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

Monday

Tuesday

Wednesday

Thursday

Friday

2
WG Cinnamon Toast Crunch Cereal
WG Vanilla Bear Graham
100% Juice Cup
Seasonal Fruit
Choice of Milk

3
WG Cocoa Puffs Cereal
WG Cinnamon Grahams
100% Juice Cup
Seasonal Fruit
Choice of Milk

4
WG Frosted Flakes Cereal
WG Chocolate Bear Graham
100% Juice Cup
Seasonal Fruit
Choice of Milk

5
WG Kellogg's Cinnamon Flakes
WG Chocolate Bear Graham
100% Juice Cup
Seasonal Fruit
Choice of Milk

6
WG Chocolate Mini Wheats
WG Vanilla Bear Graham
100% Juice Cup
Seasonal Fruit
Choice of Milk

9
WG Lucky Charms Cereal
WG Honey Grahams
100% Juice Cup
Seasonal Fruit
Choice of Milk

10
Multi Grain Cheerios
WG Strawberry Waffle Grahams
100% Juice Cup
Seasonal Fruit
Choice of Milk

11
WG Trix Cereal
WG Cinnamon Grahams
100% Juice Cup
Seasonal Fruit
Choice of Milk

12
WG Cinnamon Chex
WG Chocolate Bear Graham
100% Juice Cup
Seasonal Fruit
Choice of Milk

13
WG Strawberry Frosted
Shredded Wheat
WG Honey Graham
100% Juice Cup
Seasonal Fruit
Choice of Milk

16
WG Corn Chex
WG Berry Bear Graham
100% Juice Cup
Seasonal Fruit
Choice of Milk

17
WG Cinnamon Toast Crunch Cereal
WG Vanilla Bear Graham
100% Juice Cup
Seasonal Fruit
Choice of Milk

18
WG Cocoa Puffs Cereal
WG Cinnamon Grahams
100% Juice Cup
Seasonal Fruit
Choice of Milk

19
WG Frosted Flakes Cereal
WG Chocolate Bear Graham
100% Juice Cup
Seasonal Fruit
Choice of Milk

20
WG Kellogg's Cinnamon Flakes
WG Chocolate Bear Graham
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 Strawberry Frosted
Shredded Wheat
WG Honey Graham
100% Juice Cup
Seasonal Fruit
Choice of Milk

31
WG Corn Chex
WG Berry Bear Graham
100% Juice Cup
Seasonal Fruit
Choice of Milk

Daily Milk:

Skim white
Low fat white
Skim Chocolate

