



# Leonia Public Schools

March 2018  
Breakfast Menu

## Get a Healthy Start to Your Day with School Breakfast!

Did you know, if you are approved for free or reduced lunch, you are also eligible for breakfast!

**Student Breakfast**  
\$1.70

**Adult Breakfast**  
\$2.20

**Reduced Breakfast**  
\$0.30

take time for  
**school  
BREAKFAST**



### NUTRITION NEWS:

Celebrate **National Nutrition Month®** and "Go Further with Food!" The foods we choose can make a real difference in how we think, learn, and play! Here are some tips to "Go Further with Food" this month:

- Make an effort to include a variety of healthy and colorful foods from all the food groups daily!
- Be sure to consume the appropriate portion size. Don't forget to use MyPlate as a guide for choosing the best foods to fuel your body!
- Think outside the box. Discover activities that you look forward to and make yourself a goal to be physically active every day.

Monday	Tuesday	Wednesday	Thursday	Friday
	<i>Happy Spring!</i> 		1 <b>Assorted Breakfast Sandwiches</b> Assorted Fruit 100% Juice Milk Selection	2 <b>French Toast with Maple Syrup</b> Assorted Fruit 100% Juice Milk Selection  <i>Dr. Seuss' Birthday Read Across America</i>
5 <b>Pancakes with Sausage</b> Assorted Fruit 100% Juice Milk Selection	6 <b>Assorted Breakfast Sandwiches</b> Assorted Fruit 100% Juice Milk Selection	7 <b>Yogurt Parfait</b> Assorted Fruit 100% Juice Milk Selection	8 <b>Assorted Breakfast Sandwiches</b> Assorted Fruit 100% Juice Milk Selection	9 <b>French Toast with Maple Syrup</b> Assorted Fruit 100% Juice Milk Selection
		National School Breakfast Week		
12 <b>Pancakes with Sausage</b> Assorted Fruit 100% Juice Milk Selection	13 <b>Assorted Breakfast Sandwiches</b> Assorted Fruit 100% Juice Milk Selection	14 <b>Yogurt Parfait</b> Assorted Fruit 100% Juice Milk Selection	15 <b>Assorted Breakfast Sandwiches</b> Assorted Fruit 100% Juice Milk Selection	16 <b>French Toast with Maple Syrup</b> Assorted Fruit 100% Juice Milk Selection
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26 <b>Pancakes with Sausage</b> Assorted Fruit 100% Juice Milk Selection	27 <b>Assorted Breakfast Sandwiches</b> Assorted Fruit 100% Juice Milk Selection	28 <b>Yogurt Parfait</b> Assorted Fruit 100% Juice Milk Selection	29 <b>Assorted Breakfast Sandwiches</b> Assorted Fruit 100% Juice Milk Selection	30  <b>School Closed</b>

Connect with us!

Please Visit: [www.maschiofood.com](http://www.maschiofood.com)

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"