

# Weakley County School Nutrition Breakfast Menu

SCHOOL: DRESDEN K-8

DATE: March 2010

Serving Sizes:	Meat/Meat Alternate	K-3	1 oz.	4-12	1 oz.
	Fruit/Vegetable	K-3	¼ - ½ cup	4-12	½ - 1 cup
	Bread	K-12	2 servings		
	Milk	K-12	½ pint		

March 1	March 2	March 3	March 4	March 5
Breakfast Bagel or Assorted Cereal & Toast Assorted Juice Milk	French Toast Sticks w/Syrup or Assorted Cereal & Toast Assorted Juice Milk	Biscuits w/Gravy or Assorted Cereal & Toast Assorted Juice Milk	Banana Nut Muffins or Assorted Cereal & Toast Assorted Juice Milk	Sausage Breakfast Pizza or Assorted Cereal & Toast Assorted Juice Milk
March 8	March 9	March 10	March 11	March 12
----- NATIONAL SCHOOL BREAKFAST WEEK -----				
Yogurt Parfait or Assorted Cereal & Toast Assorted Juice Milk	Sausage Links & Muffin Squares or Assorted Cereal & Toast Assorted Juice Milk	French Toast w/Apple Topping or Assorted Cereal & Toast Assorted Juice Milk	Graham Crackers w/Peanut Butter Cup and Banana or Assorted Cereal & Toast Assorted Juice Milk	Bacon Breakfast Pizza or Assorted Cereal & Toast Assorted Juice Milk
March 15	March 16	March 17	March 18	March 19
Breakfast Hot Pocket or Assorted Cereal & Toast Assorted Juice Milk	Pancake w/Syrup or Assorted Cereal & Toast Assorted Juice Milk	Sausage & Biscuit w/Gravy or Assorted Cereal & Toast Assorted Juice Milk	Graham Snacks or Assorted Cereal & Toast Assorted Juice Milk	Sausage Breakfast Pizza or Assorted Cereal & Toast Assorted Juice Milk
March 22	March 23	March 24	March 25	March 26
Breakfast Bagel or Assorted Cereal & Toast Assorted Juice Milk	Waffles with Syrup or Assorted Cereal & Toast Assorted Juice Milk	Biscuits w/Gravy or Assorted Cereal & Toast Assorted Juice Milk	Blueberry Muffins or Assorted Cereal & Toast Assorted Juice Milk	Bacon Breakfast Pizza or Assorted Cereal & Toast Assorted Juice Milk
March 29	March 30	March 31	April 1	April 2
Pancake with Sausage on a Stick or Assorted Cereal & Toast Assorted Juice Milk	Mini Honey Buns or Assorted Cereal & Toast Assorted Juice Milk	Chicken & Biscuit with Gravy or Assorted Cereal & Toast Assorted Juice Milk	Sausage Breakfast Pizza or Assorted Cereal & Toast Assorted Juice Milk	No School Good Friday

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