



Food Zone

March Howland Elementary Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1 French Toast Whole Grain Cereal Fresh Fruit Juice and Milk
4 Cereal Bar Whole Grain Cereal Fresh Fruit Juice and Milk	5 Fruit Muffin Whole Grain Cereal Fresh Fruit Juice and Milk	6 Whole Grain Cereal Cereal Bar Fresh Fruit Juice and Milk	7 Mini Waffles Whole Grain Cereal Fresh Fruit Juice and Milk	8 French Toast Whole Grain Cereal Fresh Fruit Juice and Milk
11 Cereal Bar Whole Grain Cereal Fresh Fruit Juice and Milk	12 Fruit Muffin Whole Grain Cereal Fresh Fruit Juice and Milk	13 Whole Grain Cereal Cereal Bar Fresh Fruit Juice and Milk	14 Mini Waffles Whole Grain Cereal Fresh Fruit Juice and Milk	15 French Toast Whole Grain Cereal Fresh Fruit Juice and Milk
18 Cereal Bar Whole Grain Cereal Fresh Fruit Juice and Milk	19 Fruit Muffin Whole Grain Cereal Fresh Fruit Juice and Milk	20 Whole Grain Cereal Cereal Bar Fresh Fruit Juice and Milk	21 Mini Waffles Whole Grain Cereal Fresh Fruit Juice and Milk	22 French Toast Whole Grain Cereal Fresh Fruit Juice and Milk
25 Cereal Bar Whole Grain Cereal Fresh Fruit Juice and Milk	26 Fruit Muffin Whole Grain Cereal Fresh Fruit Juice and Milk	27 Whole Grain Cereal Cereal Bar Fresh Fruit Juice and Milk	28 Mini Waffles Whole Grain Cereal Fresh Fruit Juice and Milk	29 French Toast Whole Grain Cereal Fresh Fruit Juice and Milk

Menu Subject to Change

Fruit: Banana, Orange, Apple

Milk: 1% White, Chocolate

Juice: Apple, Orange

Please discuss any food allergy issues concerning your child with the Food Services Director.

This is an equal opportunity provider.

