

MARCH 2019



S.H.C.S.D. SCHOOL DISTRICT
BREAKFAST MENU

What is a Meal?
 You must choose at least 3 of the 4 components available for the schoolbreakfast price.
 Choice of: Grain or grain/protein
 Choice of fruit or vegetable (must take at least a 1/2 cup) and
 Choice of Milk
 Choice of Milk - 1% white, fat-free white, chocolate, vanilla and strawberry
 You must take at least 1/2 cup of fruit or vegetable

Fruit May Include:
 Canned peaches, applesauce, pears, pineapple, fruit cocktail, mandarin oranges, 100% juice (apple, orange), fresh fruit selection including apples, bananas and oranges

Whole Grain Cereal Selection May Include:
 Cinnamon Toast Crunch
 Trix
 Cocoa Puffs
 Fruity Cheerios
 Rice Crunch
 Kix
 Cheerios
 Fruit Loops
 Frosted Flakes
 Served with Toast or Muffin

BREAKFAST PRICES:

HS/MS \$1.30
 Elementary \$1.20
 Reduced \$.30
 Adult \$2.00



General Manager:
 Mishell Schlegel
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USDA is an equal opportunity provider and employer.

Monday

Tuesday

Wednesday

Thursday

Friday



NATIONAL SCHOOL BREAKFAST WEEK:
March 4th-March 8th

We'll be celebrating by offering Strawberry Smoothies at the Elementary Schools on the following days:
Tuesday, March 5th-ROCKHILL
Wednesday, March 6th-SHADE GAP
Thursday, March 7th-SPRING FARMS



1
 Green Eggs & Ham
 or
 Assorted Cereals
 w/Muffin or Toast

 Happy Birthday
 Dr. Stuess!!! C

4
 Assorted Cereals
 w/Muffin or Toast

 Assorted 100% Fruit Juice
 Choice of Fruit & Milk
 D

5
 Breakfast
 Pizza
 or
 Assorted Cereals
 w/Muffin or Toast
 Assorted 100% Fruit Juice
 Choice of Fruit & Milk E

6
 Dutch
 Waffle Wednesday
 or
 Assorted Cereals
 w/Muffin or Toast
 Assorted 100% Fruit Juice
 Choice of Fruit & Milk F

7
 Mini Blueberry
 Pancakes
 or
 Assorted Cereals
 w/Muffin or Toast
 Assorted 100% Fruit Juice
 Choice of Fruit & Milk A

8
BREAKFAST SURPRISE

 B

11
 Assorted Cereals
 w/Muffin or Toast

 Assorted 100% Fruit Juice
 Choice of Fruit & Milk
 C

12
 Pancakes
 w/Sausage Links
 or
 Assorted Cereals
 w/Muffin or Toast
 Assorted 100% Fruit Juice
 Choice of Fruit & Milk
 D

13
 Dutch
 Waffle Wednesday
 or
 Assorted Cereals
 w/Muffin or Toast
 Assorted 100% Fruit Juice
 Choice of Fruit & Milk
 E

14
 Breakfast
 Craveables
 or
 Assorted Cereals
 w/Muffin or Toast
 Assorted 100% Fruit Juice
 Choice of Fruit & Milk
 F

15
 Assorted Cereals
 w/Muffin or Toast

 Assorted 100% Fruit Juice
 Choice of Fruit & Milk
 A

18
 Assorted Cereals
 w/Muffin or Toast

 Assorted 100% Fruit Juice
 Choice of Fruit & Milk
 B

19
 Breakfast Pizza
 or
 Assorted Cereals
 w/Muffin or Toast
 Assorted 100% Fruit Juice
 Choice of Fruit & Milk
 C

20
 Dutch
 Waffle Wednesday
 or
 Assorted Cereals
 w/Muffin or Toast
 Assorted 100% Fruit Juice
 Choice of Fruit & Milk
 D

21
 Fruit Strudel
 or
 Assorted Cereals
 w/Muffin or Toast
 Assorted 100% Fruit Juice
 Choice of Fruit & Milk
 E

22
 Assorted Cereals
 w/Muffin or Toast

 Assorted 100% Fruit Juice
 Choice of Fruit & Milk
 F

25
 Assorted Cereals
 w/Muffin or Toast

 Assorted 100% Fruit Juice
 Choice of Fruit & Milk
 A

26
 Waffle
 w/Bacon
 or
 Assorted Cereals
 w/Muffin or Toast
 Assorted 100% Fruit Juice
 Choice of Fruit & Milk
 B

27
 Dutch
 Waffle Wednesday
 or
 Assorted Cereals
 w/Muffin or Toast
 Assorted 100% Fruit Juice
 Choice of Fruit & Milk
 C

28
 Pancake
 on a Stick
 or
 Assorted Cereals
 w/Muffin or Toast
 Assorted 100% Fruit Juice
 Choice of Fruit & Milk
 D

29
 Assorted Cereals
 w/Muffin or Toast

 Assorted 100% Fruit Juice
 Choice of Fruit & Milk
 E

CELEBRATING NATIONAL SCHOOL BREAKFAST WEEK- I SCHOOL BREAKFAST