

March 2021

Camp Lejeune Community Schools

BREAKFAST



**School Information: 29 March-April 2
Spring Break**

Menu subject to change upon availability



Nutrition Tip: March is National Nutrition Month! To celebrate, try eating at least one new food each week. Keep it interesting by picking out new foods you've never tried before, like mango, lentils, quinoa, kale, or sardines.

References: Academy of Nutrition & Dietetics, USDA MyPlate

Monday

Muffin
Cereal
Juice
Milk **1**

Tuesday

Danish
Cereal
Juice
Milk **2**

Wednesday

Cereal
Toast
Juice
Milk **3**

Thursday

Oatmeal
Cinnamon Toast
Applesauce
Milk **4**

Friday

French Toast Sticks
Cereal
Pears
Milk **5**

Egg & Cheese Muffin
Juice
Milk **8**

Strawberry Mini Bagels
Cereal
Mixed Fruit
Milk **9**

French Toast Sticks
Cereal
Pears
Milk **10**

Pop Tart
Cereal
Applesauce
Milk **11**

Cereal
Toast
Juice
Milk **12**

Pancake
Sausage Patty
Applesauce
Milk **15**

Yogurt
Toast
Juice
Milk **16**

Danish
Cereal
Juice
Milk **17**

Egg & Cheese Muffin
Juice
Pears
Milk **18**

No School **19**

Pop Tart
Cereal
Juice
Milk **22**

Pancake Sausage Rollup
Applesauce
Milk **23**

Strawberry Mini Bagels
Cereal
Juice
Milk **24**

Muffin
Cereal
Peaches
Milk **25**

Cereal
Toast
Juice
Milk **26**

***** Spring Break ***** **29**

********* **30**

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