



MARCH

2021

K-12 Breakfast Menu



Strawberry Filled Bagel m

Cereal
Applesauce Cup
Juice
Milk

1.

Cinnamon Roll t

Cereal
Sliced Peaches
Juice
Milk

2.

Blueberry Yogurt Parfait w

Toast with Jelly
Cereal
Raisins
Juice Milk

3.

Sausage, Egg, & Cheese Sandwich th

Cereal
Banana
Juice Milk

4.

Pancake on a Stick With Syrup f

Cereal
Mixed Fruit
Juice Milk

5.

NO SCHOOL

Nutri Grain Bar
Orange
Juice
Milk



8.

Meal Pick-up at Andre Lucas 11:00-13:00

NO SCHOOL

Cereal
Apple
Juice
Milk



9.

Meal Pick-up at Andre Lucas 11:00-13:00

NO SCHOOL

Breakfast Muffin
Craisins
Juice
Milk



10.

Meal Pick-up at Andre Lucas 11:00-13:00

NO SCHOOL

Pop Tart
Banana
Juice
Milk



11.

Meal Pick-up at Andre Lucas 11:00-13:00

NO SCHOOL

Cereal
Raisins
Juice
Milk



12.

Meal Pick-up at Andre Lucas 11:00-13:00

Cinnamon Filled Bagel

Cereal
Sliced Peaches
Juice
Milk

15.

Sausage, Egg, Cheese Sandwich

Cereal
Raisins
Juice Milk

16.

Donut Holes

Toast with Jelly
Cereal
Diced Pears
Juice Milk

17.

Mini Pancakes with Syrup

Sausage Patty
Blueberry Cups
Juice
Milk

18.

Bagel with Cream Cheese

Cereal
Golden Delicious Apple
Juice
Milk

19.

Sausage, Egg, & Cheese Sandwich

Cereal
Apple
Juice
Milk

22.

Cinnamon Roll

Cereal
Mixed Fruit
Juice Milk

23.

Chicken and Waffle with Syrup

Toast with Jelly
Cereal
Banana
Juice Milk

24.

Blueberry Yogurt Parfait

Sausage Patty
Raisins
Juice
Milk

25.

Strawberry Cream Cheese Bagel

Cereal
Orange
Juice
Milk

26.

Chocolate Muffin

Cereal
Diced Peaches
Juice
Milk

29.

Dutch Waffle

Cereal
Blueberry Cups
Juice
Milk

30.

Donut Holes

Diced Pears
Juice
Milk

31.

Special Announcements:

Fill out a Lunch Application for SY 2020-2021.
To qualify for any benefits P-EBT Program, Waived ACT Testing Fees, etc., your family must have up-to-date application on file. **BENEFITS FROM SY 2019-2020 EXPIRED ON 10/2/2020.** <https://www.LunchApplication.com>

This product was funded by USDA. This institution is and equal opportunity provider.

Fort Campbell Schools will be offering
FREE
Breakfast and Lunch to
ALL STUDENTS through June 30, 2021



MARCH NATIONAL NUTRITION MONTH
MARCH 8TH – 12TH IS NATIONAL SCHOOL BREAKFAST WEEK

Why is Breakfast the Most Important Meal of the Day?

- Breakfast encourages healthier eating.
- Breakfast balances blood sugar levels.
- Breakfast kickstarts your metabolism.
- Breakfast boosts energy levels.
- Breakfast promotes heart health.
- Breakfast stimulates the brain.