



March Breakfast Menu

BISHOP JOHN WALKER

What do the colors on the menu mean?

GREEN = locally-sourced

BLUE = international

ORANGE = Fresh Feature Friday Winner!

Student's choice of skim or 1% milk provided at every meal.

This institution is an equal opportunity provider.



NATIONAL SCHOOL BREAKFAST WEEK IS MARCH 2-6!

Students who eat school breakfast are more likely to:

- Get better grades
- Have better memory and concentration
- Be physically fit

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 parfait day <ul style="list-style-type: none"> • vanilla yogurt • whole grain granola • strawberries • 100% grape juice 	3 <ul style="list-style-type: none"> • whole grain cheerios cereal • whole wheat graham crackers • fresh pear 	4 <ul style="list-style-type: none"> • whole grain apple cinnamon muffin • fresh orange wedges 	5 hear the crunch <ul style="list-style-type: none"> • whole wheat english muffin • sunbutter cup • fresh apple slices 	6 <ul style="list-style-type: none"> • multi-grain cinnamon flakes cereal • low fat cheese stick • fresh cantaloupe wedge
9 <ul style="list-style-type: none"> • strawberry yogurt • whole grain blueberry pomegranate oatmeal bar • fresh apple slices 	10 <ul style="list-style-type: none"> • multi-grain frosted flakes cereal • low fat cheese stick • fresh pear 	11 <ul style="list-style-type: none"> • whole grain banana muffin • fresh orange wedges 	12 <ul style="list-style-type: none"> • whole wheat bagel • low fat cream cheese • fresh banana • 100% grape juice 	13 <ul style="list-style-type: none"> • whole grain frosted mini wheats cereal • whole wheat graham crackers • fresh cantaloupe wedge
16 <ul style="list-style-type: none"> • raspberry yogurt • whole grain strawberry oatmeal bar • fresh apple slices 	17 <ul style="list-style-type: none"> • multi-grain cinnamon flakes cereal • whole wheat graham crackers • fresh pear 	18 <ul style="list-style-type: none"> • whole grain pineapple carrot bread • fresh orange wedges 	19 <ul style="list-style-type: none"> • whole wheat english muffin with strawberry jelly • fresh banana • 100% grape juice 	20 <ul style="list-style-type: none"> • multi-grain frosted flakes cereal • low fat cheese stick • fresh cantaloupe wedge
23 <ul style="list-style-type: none"> • whole wheat bagel • low fat cream cheese • fresh apple slices 	24 <ul style="list-style-type: none"> • whole grain frosted mini wheats cereal • low fat cheese stick • fresh pear 	25 <ul style="list-style-type: none"> • whole grain blueberry muffin • fresh orange wedges 	26 <ul style="list-style-type: none"> • strawberry banana yogurt • whole grain apple oatmeal bar • fresh banana • 100% grape juice 	27 <ul style="list-style-type: none"> • whole grain cheerios cereal • whole wheat graham crackers • fresh cantaloupe wedge
30 spring break no school	31 spring break no school			