

# March 2020

## Resurrection Catholic School

### BREAKFAST



This Institution is an equal opportunity provider.



**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

2 Sausage Biscuit  
Cereal/Pop Tart  
Fruit

9 Chicken Biscuit  
Cereal/Pop Tart  
Fruit

16 Bacon-Egg-Cheese  
Biscuit  
Cereal/Pop Tart  
Fruit

23 Sausage Biscuit  
Cereal/Pop Tart  
Fruit

30 Chicken Biscuit  
Cereal/Pop Tart  
Fruit

### Tuesday

3 French Toast Sticks  
Cereal/Pop Tart  
Fruit

10 Pancake On Stick  
Cereal/Pop Tart  
Fruit

17 Scrambled Eggs  
Sausage/Toast  
Cereal/Pop Tart  
Fruit

24 French Toast  
Cereal/pop Tart  
Fruit

31 Pancake On Stick  
Cereal/Pop Tart  
Fruit

### Wednesday

4 Breakfast Burrito  
Cereal/Pop Tart  
Fruit

11 Cinna Mini  
Cereal/Pop Tart  
Fruit

18 Breakfast Burrito  
Cereal/Pop Tart  
Fruit

25 Mini Pancake/Sausage  
Cereal/Pop Tart  
Fruit

### Thursday

5 Breakfast Pizza  
Cereal/Pop Tart  
Fruit

12 Mini Pancake/Sausage  
Cereal/Pop Tart  
Fruit

19 Breakfast Pizza  
Cereal/Pop Tart  
Fruit

26 Cinna Mini  
Cereal/Pop Tart  
Fruit

### Friday

6 Scrambled Eggs/Toast  
Cereal/Pop Tart  
Fruit

13 Grits w/Cheese/Toast  
Cereal/Pop Tart  
Fruit

20 French Toast Sticks  
Cereal/Pop Tart  
Fruit

27 Grits w/Cheese/Toast  
Cereal/Pop Tart  
Fruit

