



EARLY RELEASE
FRIDAY 03/12/21



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

CHICKEN CROISSANT 1
HONEY BUN
CEREAL W/ GRAHAM CRACKERS

CHICKEN CROISSANT 8
HONEY BUN
CEREAL W/ GRAHAM CRACKERS

CHICKEN CROISSANT 15
HONEY BUN
CEREAL W/ GRAHAM CRACKERS

CHICKEN CROISSANT 22
HONEY BUN
CEREAL W/ GRAHAM CRACKERS

CHICKEN CROISSANT 29
HONEY BUN
CEREAL W/ GRAHAM CRACKERS

Tuesday

CHICKEN BISCUIT 2
MINI MAPLE PANCAKES
CEREAL W/ GRAHAM CRACKERS

CHICKEN BISCUIT 9
MINI MAPLE PANCAKES
CEREAL W/ GRAHAM CRACKERS

CHICKEN BISCUIT 16
MINI MAPLE PANCAKES
CEREAL W/ GRAHAM CRACKERS

CHICKEN BISCUIT 23
MINI MAPLE PANCAKES
CEREAL W/ GRAHAM CRACKERS

CHICKEN BISCUIT 30
MINI MAPLE PANCAKES
CEREAL W/ GRAHAM CRACKERS

Wednesday

CHICKEN CROISSANT 3
CINNAMON ROLL
CEREAL W/ GRAHAM CRACKERS

CHICKEN CROISSANT 10
CINNAMON ROLL
CEREAL W/ GRAHAM CRACKERS

CHICKEN CROISSANT 17
CINNAMON ROLL
CEREAL W/ GRAHAM CRACKERS

CHICKEN CROISSANT 24
CINNAMON ROLL
CEREAL W/ GRAHAM CRACKERS

CHICKEN CROISSANT 31
CINNAMON ROLL
CEREAL W/ GRAHAM CRACKERS

Thursday

CHICKEN BISCUIT 4
MUFFINS W/ YOGURT
CEREAL W/ GRAHAM CRACKERS

CHICKEN BISCUIT 11
MUFFINS W/ YOGURT
CEREAL W/ GRAHAM CRACKERS

CHICKEN BISCUIT 18
MUFFINS W/ YOGURT
CEREAL W/ GRAHAM CRACKERS

CHICKEN BISCUIT
MUFFINS W/ YOGURT
CEREAL W/ GRAHAM CRACKERS



Friday

CHICKEN CROISSANT 5
FRENCH TOAST
CEREAL W/ GRAHAM CRACKERS

CHICKEN CROISSANT 12
FRENCH TOAST
CEREAL W/ GRAHAM CRACKERS

CHICKEN CROISSANT 19
FRENCH TOAST
CEREAL W/ GRAHAM CRACKERS

CHICKEN CROISSANT 26
FRENCH TOAST
CEREAL W/ GRAHAM CRACKERS

