



MARCH High School Breakfast Menu



Nutri-Grain Strawberry Cereal Bar with Chocolate Chip Oatmeal Bites Apple Slices Apple Juice Milk Oatmeal Chocolate Chip Cereal Bar with Chocolate Chip Oatmeal Chocolate Chip Cereal Bar with Chocolate Chip Oatmeal Chocolate Chip Cereal Bar with Chocolate Chip Oatmeal Bites Apple Juice Milk Oatmeal Chocolate Chip Cereal Bar with Chocolate Chip Oatmeal Bites Apple Juice Milk Oatmeal Chocolate Chip Cereal Bar with Chocolate Chip Oatmeal Bites Apple Juice Milk Occoa Puff Cercal Bar with Chocolate Chip Cocoa Puff Cercal Bar with Chocolate Chip Cocoa Puff Cocoa Puff Coc	20.05 Section	The second second				
Nutri-Grain Strawberry Cereal Bar with Chocolate Chip Oatmeal Bites Apple Juice Milk 10th Oatmeal Chocolate Chip Cereal Bar with Chocolate Chip Chocolate Chip Oatmeal Bites Apple Juice Milk 10th Oatmeal Bites Apple Juice Milk 10th Oatmeal Bites Apple Juice Chip Cereal Bar with Chocolate Chip Chople Juice Milk 10th Oatmeal Bites Apple Juice Milk 10th Oatmeal Chocolate Chip Milk 10th Oatmeal Bites Apple Juice Milk 10th Oatmeal Chocolate Chip Milk 10th Oatmeal Chocolate Chip Milk 10th Oatmeal Bites Apple Juice Milk 10th Oatmeal Chocolate Chip Milk 10th Oatmeal Chocolate Chip Milk 10th Oatmeal Bites Apple Juice Milk 10th Oatmeal Bites Apple Juice Milk 10th Oatmeal Chocolate Chip Milk 10th Oatmeal Bites Apple Juice Milk 10th Oatmeal Chocolate Chip Milk 10th Oatmeal Bites Apple Juice Milk 10th Oatmeal	Monday	Tuesday	Wednesday	Thursday	Friday	
Cereal Bar with Chocolate Chip Oatmeal Bites Apple Juice Milk Milk Milk Milk Milk Milk Milk Milk	2nd	3rd	4th	5th	6th	
Chocolate Chip Oatmeal Bites Apple Slices Apple Juice Milk 9th Oatmeal Chocolate Chip Gereal Bar with Teddy Grahams Apple Juice Milk 10th Nutri-Grain Apple Cereal Bar with Milk 10th Oatmeal Chocolate Chip Cereal Bar with Teddy Grahams Apple Juice Milk 11th Whole-Grain Chocolate Chip Oatmeal Bites Apple Juice Milk 11th Whole-Grain Chocolate Chip Strawberry with Teddy Grahams Apple Juice Milk 11th Whole-Grain Chocolate Chip Strawberry With Teddy Grahams Apple Juice Milk 12th Whole-Grain Chocolate Chescent Frosted Fudge with Bug Bites Apple Slices Apple Juice Milk 11th Whole-Grain Chocolate Chip Strawberry With Teddy Grahams Apple Juice Milk 12th Whole-Grain Chocolate Chip Strawberry Yogurt Chesce with Strawberry Yogurt Chocolate Chip Strawberry Yogurt Chocolate Chip Chesce with Strawberry Yogurt Chocolate Chip Chocolate Chip Strawberry Yogurt Chocolate Chip Whole Grain Poptat Whole Grain Chesc with Whole Grain Poptat Whol	Nutri-Grain Strawberry	Low Fat String	Whole Grain Bagel	Whole Grain Poptart	Trix Yogurt with	
Oatmeal Bites Apple Slices Apple Slices Apple Slices Apple Juice Milk Oatmeal Chocolate Chip Cereal Bar with Chocolate Chip Oatmeal Bites Apple Juice Milk Oatmeal Bres Apple Slices Apple Slices Apple Juice Milk Oatmeal Bres Apple Slices Apple Slices Apple Juice Milk Oatmeal Bites Apple Slices Apple Slices Apple Juice Milk Ith Nutri-Grain Apple Cereal Bar with Strawberry with Teddy Grahams Apple Slices Apple Juice Milk Nutri-Grain Apple Cereal Bar with Strawberry with Teddy Grahams Apple Slices Apple Juice Milk Apple Juice Apple Juice Milk Apple Juice Apple	Cereal Bar with	Cheese with	with Cream Cheese	Strawberry with	Strawberry Yogurt	
Apple Slices Apple Juice Milk Other Creal Bar with Milk 10th Other Creal Bar with Milk Nutri-Grain Apple Creal Bar with Milk 11th Whole-Grain Chocolate Chip Chocolate Chip Apple Juice Apple Juice Apple Juice Apple Juice Apple Slices Apple Juice Apple Juice Apple Slices Apple Juice Apple Ju	Chocolate Chip	Strawberry Yogurt	Fresh Banana	Bug Bites	Chex Mix	
Apple Juice Milk 9th Oatmeal Chocolate Chip Cereal Bar with Teddy Grahams Apple Juice Milk 10th Nutri-Grain Apple Cereal Bar with Strawberry with Bug Bites Apple Juice Milk 17th Whole-Grain Apple Juice Milk 17th Whole-Grain Poptart Fresh Banana Apple Juice Milk 17th Whole-Grain Poptart Fresh Banana Apple Juice Milk 17th Whole-Grain Poptart Fresh Banana Apple Juice Milk 18th Low Fat String Cheese with Strawberry with Apple Juice Milk 18th Low Fat String Cheese with Strawberry Vigurt Chese with Strawberry Yogurt Chese with Milk 23rd Cinnamon Toast Cinnamon Toast Crunch Cereal Bar with Bug Bites Apple Slices Apple Juice Milk 18th Low Fat String Cheese with Strawberry Yogurt Chese with Milk Apple Juice Milk Apple Juice Milk Apple Juice Milk Apple Juice Milk 18th Low Fat String Cheese with Strawberry Yogurt Chese Witx Fresh Banana Apple Juice Milk Apple Juice Apple Juice Milk Apple Juice Apple J	Oatmeal Bites	Chex Mix	Apple Juice	Apple Slices	Fresh Banana	
Milk	Apple Slices	Apple Slices	Milk	Apple Juice	Apple Juice	
Oth Oth Other Creal Bar with Chocolate Chip Chocal E Chip Chocal E Chip Other Chocolate Chip Other Other Chocolate Chip Other Other Chocolate Chip Other	Apple Juice	Apple Juice		Milk	Milk	
Oatmeal Chocolate Chip Cereal Bar with Teddy Grahams Apple Slices Apple Juice Milk Nutri-Grain Apple Creal Bar with Nutri-Grain Apple Creal Bar with Bug Bites Apple Slices Apple Juice Milk Nouri-Grain Apple Creal Bar with Bug Bites Apple Slices Apple Juice Milk Nouri-Grain Apple Creal Bar with Bug Bites Apple Slices Apple Juice Milk Nouri-Grain Apple Creal Bar with Bug Bites Apple Slices Apple Juice Milk Nouri-Grain Apple Creal Bar with Bug Bites Apple Slices Apple Juice Milk Nouri-Grain Apple Creal Bar with Bug Bites Apple Slices Apple Juice Milk Nouri-Grain Apple Creal Bar with Bug Bites Apple Slices Apple Juice Milk Nouri-Grain Poptart Apple Slices Apple Juice Milk Strawberry Vogurt Cheese with Strawberry Yogurt Cheese with Strawberry Yogurt Apple Juice Milk Chocolate Crescent Fresh Banana Apple Juice Apple Juice Milk Nouri-Grain Poptart Fresh Banana Apple Slices Apple Juice Milk Strawberry Vogurt Cheese with Strawberry Yogurt Apple Juice Milk Strawberry Strawberry Creal Bar with Bug Bites Apple Juice Milk Chocolate Chip Bag Bites Apple Juice Milk Strawberry Yogurt Cheese with Bug Bites Apple Juice Milk Strawberry Straw with Bug Bites Apple Juice Milk Whole Grain Poptart Cheroal Par with Cherry Frudel Milk Straw with Cherry Frudel Chereal Bar with Bug Bites Apple Juice Milk Whole Grain Milk Whole Gra	Milk	Milk				
Chip Cereal Bar with Chocolate Chip Apple Slices Apple Juice Milk Teddy Grahams Apple Juice Milk Treddy Grahams Apple Slices Apple Juice Apple Sli	9th	10th	11th	12th	13th	
Chocolate Crescent Frosted Fuge with Apple Slices Apple Slices Apple Juice Milk Apple Slices Apple Juice Milk Apple Slices Apple Juice Milk Apple Slices Apple Juice Milk Nutri-Grain Apple Cereal Bar with Bug Bites Apple Juice Milk Apple Juice Apple Juice Milk Nutri-Grain Apple Cereal Bar with Bug Bites Apple Juice Milk Apple Juice Milk Apple Juice Apple Juice Milk Apple Juice Milk	Oatmeal Chocolate	Nutri-Grain Apple	Whole-Grain	Whole Grain Poptart	Whole Grain	DICE CHINE
Apple Slices Apple Juice Apple Slices Apple Slices Apple Slices Apple Slices Apple Slices Apple Juice	Chip Cereal Bar	Cereal Bar with	Chocolate Crescent	Frosted Fudge with	Mini Cinni Roll	MSE, SHINE
Apple Juice Milk Bug Bites Apple Slices Apple Juice Milk Apple Juice	with Teddy Grahams	Chocolate Chip	Fresh Banana	Bug Bites	Fresh Banana	AND EAT A
Apple Juice Milk Apple Juice Milk Apple Juice Milk Apple Juice Milk Apple Slices Apple Juice Milk Apple Slices Apple Juice Milk Apple Juice Apple Juic	Apple Slices	Oatmeal Bites	Apple Juice	Apple Slices	Apple Juice	
16th Nutri-Grain Apple Cereal Bar with Bug Bites Apple Slices Apple Juice Apple Slices Apple Slices Apple Slices Apple Juice Apple Slices Apple Juice Milk Apple Juice Milk Apple Juice Milk Apple Slices Apple Juice Milk Apple Juice Milk Apple Juice Milk Apple Juice Apple Juice Milk Apple Slices Apple Juice Milk Apple Slices App	Apple Juice	Apple Slices	Milk	Apple Juice	Milk	HEALTHY
Milk Nutri-Grain Apple Whole-Grain Poptart Strawberry with Bug Bites Apple Slices Apple Juice Milk Strawberry Milk	Milk	Apple Juice		Milk		BREAKFAST
Nutri-Grain Apple Cereal Bar with Bug Bites Apple Slices Apple Juice Milk Cinnamon Toast Crunch Cereal Bar with Bug Bites Apple Slices Apple Juice Apple Juice Apple Juice Apple Slices Apple Slices Apple Slices Apple Slices Apple Slices Apple Juice Milk Chex Mix Apple Juice Milk Chex Mix Apple Juice Apple Juice Apple Juice Apple Juice Apple Slices Apple Slices Apple Slices Apple Juice Apple Slices Apple Juice Apple Slices Apple Slices Apple Slices Apple Slices Apple Juice Apple Juice Apple Slices Apple Juice Ap		Milk				
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Bug Bites Apple Slices Apple Juice Milk Apple Juice Milk Chocolate Chip Banana Benefit Bar Apple Juice Apple Slices Apple Juice Apple Juice Apple Juice Apple Juice Apple Juice Apple Slices Apple Juice Apple Juice Apple Juice Apple Slices Apple Juice Apple Slices Apple Juice Apple Juice Apple Slices Apple Juice Apple Juice Apple Slices A	Nutri-Grain Apple	Whole-Grain Poptart	Low Fat String	Cocoa Puff	Whole Grain	
Apple Slices Apple Juice Milk 23rd Cinnamon Toast Crunch Cereal Bar with Bug Bites Apple Slices Apple Slices Apple Slices Apple Juice Apple Slices Apple Slices Apple Slices Apple Slices Apple Slices Apple Slices Apple Juice	Cereal Bar with	Strawberry with	Cheese with	Cereal Bar with	Cherry Frudel	
Apple Juice Milk Apple Juice Milk Apple Juice Milk Apple Juice Milk Apple Juice Milk Apple Juice Milk Apple Juice Milk Apple Juice Milk Apple Juice Milk Apple Slices Apple Slices Apple Juice Milk Apple Juice Milk Apple Juice Apple Juice Milk Apple Juice	Bug Bites	Teddy Grahams	Strawberry Yogurt	Bug Bites	Fresh Banana	
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23rd Cinnamon Toast Crunch Cereal Bar with Bug Bites Apple Slices Apple Juice Milk Milk Milk Mole-Grain Apple Slices Apple Juice Apple Slices Apple Slices Apple Juice Apple Juice Apple Slices Apple Juice Apple Juice Apple Slices Apple Juice	Apple Juice	Apple Juice	Fresh Banana	Apple Juice	Milk	
23rd Cinnamon Toast Crunch Cereal Bar With Bug Bites Apple Slices Apple Juice Milk Milk Milk Cereal Bar With Teddy Grahams Apple Slices	Milk	Milk	Apple Juice	Milk		
Cinnamon Toast Crunch Cereal Bar with Bug Bites Apple Slices Apple Juice Milk Milk Soft Trix Cereal Bar with Teddy Grahams Apple Slices Apple Juice Apple Slices Apple Juice Apple Slices Apple Juice Apple Juice Apple Slices Apple Juice			Milk			
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with Bug Bites Apple Slices Apple Juice Apple Juice Apple Juice Milk Milk Stresh Banana Apple Slices Apple Juice Milk		Nutri-Grain Strawberry	Chocolate Chip	-	Whole Grain	
Apple Slices Apple Juice Apple Juice Apple Juice Apple Juice Apple Juice Milk Milk Apple Slices Apple Juice Milk Milk Apple Slices Apple Juice Milk	Crunch Cereal Bar		Banana Benefit Bar	Cinnamon with	Mini Cinni Roll	
Apple Juice Apple Juice Milk Apple Juice Milk Milk Milk Apple Juice Milk Milk Milk 30th Trix Cereal Bar Whole-Grain with Teddy Grahams Apple Frudel Apple Slices Apple Juice Apple Juice Apple Juice	_	•		_		
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30th Trix Cereal Bar with Teddy Grahams Apple Slices Apple Juice Apple Juice Apple Juice Apple Juice	Apple Juice	** *	Milk	Apple Juice	Milk	
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Upper Darby School District High School Breakfast Menu - All Students Have Access to Breakfast at no Cost!!



Low Fat Milk and Fresh Fruit Offered with Every Meal

Breakfast - A Great Way to Start Your Day

Menu Items Do Not Contain Pork Product Menu Subject to Change without Notice

