



MARCH

High School Breakfast Menu



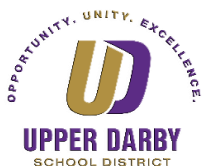
Monday	Tuesday	Wednesday	Thursday	Friday
2nd Nutri-Grain Strawberry Cereal Bar with Chocolate Chip Oatmeal Bites Apple Slices Apple Juice Milk	3rd Low Fat String Cheese with Strawberry Yogurt Chex Mix Apple Slices Apple Juice Milk	4th Whole Grain Bagel with Cream Cheese Fresh Banana Apple Juice Milk	5th Whole Grain Poptart Strawberry with Bug Bites Apple Slices Apple Juice Milk	6th Trix Yogurt with Strawberry Yogurt Chex Mix Fresh Banana Apple Juice Milk
9th Oatmeal Chocolate Chip Cereal Bar with Teddy Grahams Apple Slices Apple Juice Milk	10th Nutri-Grain Apple Cereal Bar with Chocolate Chip Oatmeal Bites Apple Slices Apple Juice Milk	11th Whole-Grain Chocolate Crescent Fresh Banana Apple Juice Milk	12th Whole Grain Poptart Frosted Fudge with Bug Bites Apple Slices Apple Juice Milk	13th Whole Grain Mini Cinni Roll Fresh Banana Apple Juice Milk
16th Nutri-Grain Apple Cereal Bar with Bug Bites Apple Slices Apple Juice Milk	17th Whole-Grain Poptart Strawberry with Teddy Grahams Apple Slices Apple Juice Milk	18th Low Fat String Cheese with Strawberry Yogurt Chex Mix Fresh Banana Apple Juice Milk	19th Cocoa Puff Cereal Bar with Bug Bites Apple Slices Apple Juice Milk	20th Whole Grain Cherry Frudel Fresh Banana Apple Juice Milk
23rd Cinnamon Toast Crunch Cereal Bar with Bug Bites Apple Slices Apple Juice Milk	24th Nutri-Grain Strawberry Cereal Bar with Teddy Grahams Apple Slices Apple Juice Milk	25th Chocolate Chip Banana Benefit Bar Fresh Banana Apple Juice Milk	26th Whole Grain Poptart Cinnamon with Bug Bites Apple Slices Apple Juice Milk	27th Whole Grain Mini Cinni Roll Fresh Banana Apple Juice Milk
30th Trix Cereal Bar with Teddy Grahams Apple Slices Apple Juice Milk	31st Whole-Grain Apple Frudel Apple Slices Apple Juice Milk			



RISE, SHINE
AND EAT A
HEALTHY
BREAKFAST



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

