

March 2020

Logan-Magnolia School

BREAKFAST



Toast & Cereal and Poptart & Yogurt are offered daily with Juice, Milk and Fruit daily. Menu items subject to change. 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

Tuesday

Wednesday

Thursday

Friday

2

WG Waffles

3

WG Bagel

4

WG Donut

5

Sausage, Egg & Cheese Biscuit

6

Grab & Go

9

WG French Toast

10

WG Muffin

11

WG Breakfast Pizza

12

WG Sausage on a Stick

13

Grab & Go

16

Breakfast Bake

17

Omelet, Sausage Link w/WG Toast

18

WG Biscuit & Gravy

19

Breakfast Wrap

20

NO SCHOOL

23

WG Pancakes

24

WG Waffle

25

WG Donut

26

WG Bagel

27

Grab & Go

30

Sausage, Egg & Cheese Biscuit

31

WG French Toast

