

March 2021

LOGAN-MAGNOLIA SCHOOL

BREAKFAST



Toast & Cereal and Poptart & Yogurt are offered 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

1

WG French Toast

Tuesday

2

WG Sausage on a Stick

Wednesday

3

WG Biscuits & Gravy

Thursday

4

WG Bagel

Friday

5

Grab & Go

8

Sausage, Egg & Cheese on WG Biscuit

9

WG Waffles

10

WG Breakfast Pizza

11

WG Long John

12

Grab & Go

15

WG Breakfast Wrap

16

WG Pancakes

17

WG Donut

18

WG Muffin

19

Grab & Go

22

WG French Toast

23

WG Sausage on a Stick

24

WG Biscuits & Gravy

25

WG Waffles

26

NO SCHOOL

29

WG Long John

30

WG Breakfast Wrap

31

WG Breakfast Pizza

