





March 2013 Breakfast



CHICAGO PUBLIC SCHOOLS

BRC1 - BRKFST

Monday	Tuesday	Wednesday	Thursday	Friday
Be a Star! National School Breakfast Week March 4-8! Eat a Healthy Breakfast!				
BEEF SAUSAGE ON A BISCUIT Peach Cup CRISPIX Apple Waffle Crackers Peach Cup	STRAWBERRY WG PANCAKES Grape Juice VANILLA YOGURT Whole Grain Grahams Grape Juice	EGG & CHEESE ON WW ENGLISH MUFFIN Fresh Apple WHOLE GRAIN KIX Mozzarella String Cheese Fresh Apple	CHEESY EGG, POTATO & TURKEY SAUSAGE INCREDI-BOWL Fresh Banana WHOLE WHEAT BAGEL Fresh Banana	MAPLE WG PANCAKES Fresh Pear MOZZARELLA STRING CHEESE Whole Grain Grahams Fresh Pear
TURKEY HAM & CHEESE ON WW ENGLISH MUFFIN Blended Fruit Juice WHOLE GRAIN KIX Cinnamon Breakfast Square Blended Fruit Juice	BREAKFAST WG QUESADILLA Pineapple Cup MULTIGRAIN CHEERIOS WG Animal Grahams Pineapple Cup	MAPLE WG WAFFLE SANDWICH Fresh Pear RICE KRISPIES Strawberry Yogurt Fresh Pear	CHEESE OMELET Whole Grain Grahams Fresh Orange MOZZARELLA STRING CHEESE Whole Grain Grahams Fresh Orange	BREAKFAST TOASTED CHEESE ON WHOLE WHEAT BREAD Fresh Banana WHOLE WHEAT BAGEL Fresh Banana
MAPLE WG PANCAKES Grape Juice MINI WHEATS LITTLE BITES WG Animal Grahams Grape Juice	CHICKEN BISCUIT Mixed Fruit Cup MOZZARELLA STRING CHEESE Strawberry Waffle Crackers Mixed Fruit Cup	TURKEY HAM & CHEESE ON WW ENGLISH MUFFIN Fresh Orange WHOLE WHEAT BAGEL Fresh Orange	BREAKFAST TOASTED CHEESE ON WHOLE WHEAT BREAD Fresh Apple MULTIGRAIN CHEERIOS Vanilla Yogurt Fresh Apple	EGG & CHEESE ON WHOLE WHEAT BAGEL Peach Cup WHOLE GRAIN KIX Whole Grain Grahams Peach Cup
<div> <div>SCHOOL CLOSED</div> <div> Download our news-letter <i>The Preferred Word</i> here:  Or visit Kids Corner on our website!  www.preferredmealsystems.com </div> </div>				

**** ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK.

*** MENU SUBJECT TO CHANGE.

Tell us what you think!

Do you eat breakfast everyday? Let us know at info@preferredmealsystems.com
 Write "Breakfast" in the subject line. Be sure to include your name, grade, school and town. See results on Facebook at [Preferred Meal Systems, Inc.](http://PreferredMealSystems.com)

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