

Monday

Tuesday

Wednesday

Thursday

Friday



National School Breakfast Week! **2**
 Knight's Maple Medallions
 (Mini Maple Pancakes)
 Or
 Kingdom Cereal Collection
 (Assorted Cereals) &
 RF Cheese Stick

Warrior Sunrise Taco **3**
 (Egg & Cheese Taco)
 Crispy Tater Tots
 Or
 Kingdom Cereal Collection
 (Assorted Cereals) &
 RF Cheese Stick

New! **4**
 Apple Nachos
 (Sliced apples topped with
 yogurt, granola & Chocolate Chips)
 Or
 Kingdom Cereal Collection
 (Assorted Cereals) &
 RF Cheese Stick



Freshly Baked
 Wizard's Swirl Roll
 (Cinnamon Buns)
 Or
 Kingdom Cereal Collection
 (Assorted Cereals) &
 RF Cheese Stick **5**

Potion of Power Smoothie **6**
 Cookies & Cream Smoothie
 With a Muffin
 Or
 Kingdom Cereal Collection
 (Assorted Cereals) &
 RF Cheese Stick



9
 Assorted Breakfast Bread
 Or
 Assorted Cereals &
 RF Cheese Stick

10
 Egg and Cheese Croissant
 Or
 Assorted Cereals &
 RF Cheese Stick

11
 Breakfast Bun
 Or
 Assorted Cereals &
 RF Cheese Stick

12
 Cinnamon Roll
 Or
 Assorted Cereals &
 RF Cheese Stick

Fuel Up Friday! **13**
 Creamsicle Smoothie
 With a Muffin
 Or
 Assorted Cereals &
 RF Cheese Stick

16
 Mini Maple Waffles
 Or
 Assorted Cereals &
 RF Cheese Stick

Happy St Patrick's Day! **17**
 Apple Nachos
 Or
 Assorted Cereals &
 RF Cheese Stick

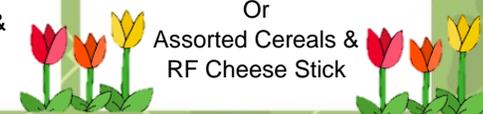


18
 Cinnabar
 Or
 Assorted Cereals &
 RF Cheese Stick

Let's Laugh Day **19**
 Goody Ring
 Or
 Assorted Cereals &
 RF Cheese Stick



First Day of Spring! **20**
 Celebration Smoothie
 With a Muffin
 Or
 Assorted Cereals &
 RF Cheese Stick



23
 Assorted Breakfast Bread
 Or
 Assorted Cereals &
 RF Cheese Stick

24
 Egg and Cheese Croissant
 Or
 Assorted Cereals &
 RF Cheese Stick

25
 Freshly Baked
 Cinnamon Buns
 Or
 Assorted Cereals &
 RF Cheese Stick

National Spinach Day! **26**
 Shamrock Smoothie
 With a Muffin
 Or
 Assorted Cereals &
 RF Cheese Stick

27
 Donut Stick
 Or
 Assorted Cereals &
 RF Cheese Stick

30
 Mini Maple Pancakes
 Or
 Assorted Cereals &
 RF Cheese Stick

Taco Tuesday! **31**
 Egg and Cheese
 Breakfast Taco
 Crispy Tater Tots
 Or
 Assorted Cereals &
 RF Cheese Stick

Everyday Offerings:
 Assorted Fresh and Canned Fruit
 100% Fruit Juice
 Choice of Unflavored Low fat or Flavored
 Milk
 Breakfast Includes Entrée Plus Two Fruits
 (or 1 juice and 1 fruit) and Choice of Milk!

Menu is subject to change. Students with food allergies should notify the cafeteria staff and check with the food service manager before selecting meals

This institution is an equal opportunity provider.
 Contact Food Service Director, Jennifer Zarrilli, MS, RDN, CDN with any questions –
 203-879-8145 or jzarrilli@thomastonschools.org

