



Mount Olive Elementary Schools

March 2018

Get a Healthy Start to Your Day with School Breakfast!

Available Daily:
Assorted Cereals served with
Graham Crackers
Assorted Fruit
100% Juice Selection
Milk Selection

Did you know, if you are approved for free or reduced lunch, you are also eligible for breakfast!

Student Breakfast \$2.00

Adult Breakfast \$3.00

Reduced Breakfast \$0.30

NUTRITION NEWS:

Celebrate National Nutrition Month® and "Go Further with Food!" The foods we choose can make a real difference in how we think, learn, and play! Here are some tips to "Go Further with Food" this month:

- Make an effort to include a variety of healthy and colorful foods from all the food groups daily!
- Be sure to consume the appropriate portion size. Don't forget to use MyPlate as a guide for choosing the best foods to fuel your body!
- Think outside the box. Discover activities that you look forward to and make yourself a goal to be physically active every day.

take time for
school
BREAKFAST



Monday	Tuesday	Wednesday	Thursday	Friday
			1 Assorted Muffins with Yogurt Assorted Fruit 100% Fruit Juice Milk Selection	2 Bagel with Cream Cheese Assorted Fruit 100% Fruit Juice Milk Selection <i>Dr. Seuss' Birthday Read Across America</i>
5 Assorted Muffins with Cheese Stick Assorted Fruit 100% Fruit Juice Milk Selection	6 Berry Rice Krispie Cereal Bar with Low Fat Yogurt Assorted Fruit 100% Fruit Juice Milk Selection	7 Bagel with Cream Cheese Assorted Fruit 100% Fruit Juice Milk Selection	8 Assorted Muffins with Yogurt Assorted Fruit 100% Fruit Juice Milk Selection	9 Bagel with Cream Cheese Assorted Fruit 100% Fruit Juice Milk Selection
National School Breakfast Week				
12 Assorted Muffins with Cheese Stick Assorted Fruit 100% Fruit Juice Milk Selection	13 Berry Rice Krispie Cereal Bar with Low Fat Yogurt Assorted Fruit 100% Fruit Juice Milk Selection	14 Bagel with Cream Cheese Assorted Fruit 100% Fruit Juice Milk Selection	15 Assorted Muffins with Yogurt Assorted Fruit 100% Fruit Juice Milk Selection	16 Bagel with Cream Cheese Assorted Fruit 100% Fruit Juice Milk Selection
19 Assorted Muffins with Cheese Stick Assorted Fruit 100% Fruit Juice Milk Selection	20 Berry Rice Krispie Cereal Bar with Low Fat Yogurt Assorted Fruit 100% Fruit Juice Milk Selection	21 Bagel with Cream Cheese Assorted Fruit 100% Fruit Juice Milk Selection	22 Assorted Muffins with Yogurt Assorted Fruit 100% Fruit Juice Milk Selection	23 Bagel with Cream Cheese Assorted Fruit 100% Fruit Juice Milk Selection
26 Assorted Muffins with Cheese Stick Assorted Fruit 100% Fruit Juice Milk Selection	27 Berry Rice Krispie Cereal Bar with Low Fat Yogurt Assorted Fruit 100% Fruit Juice Milk Selection	28 Bagel with Cream Cheese Assorted Fruit 100% Fruit Juice Milk Selection	29 School Closed	30 School Closed

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MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"