

Menu Name : St Paul City School Breakfast Menu	Meal Pattern : NSLP	Meal: Breakfast
Grade Level / Age Group : K-12 Grades		
<b>March - 2024</b>		

<b>Breakfast</b>	<p><b>Celebrate National School Breakfast Week, March 4-8!</b></p> <p>CKC Good Food is celebrating National School Breakfast Week March 4-8 by serving our most popular breakfast items!</p> <p><i>Studies show that students who eat school breakfast are more likely to:</i></p> <ul style="list-style-type: none"> <li>•Reach higher levels of achievement in reading and math</li> <li>•Score higher on standardized tests</li> <li>•Have better concentration and memory</li> <li>•Be more alert</li> <li>•Maintain a healthy weight</li> </ul> <p><b>Don't miss out! Try school breakfast!</b></p>	<p>Friday, March 1, 2024</p> <p><b>Breakfast Egg &amp; Rice (2 Items)</b></p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk &amp; Second Fruit (1 item each)</p> <p><i>Chef's Choice may be offered</i></p>	<b>Week V</b>
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<b>Breakfast</b>	Monday, March 4, 2024	Tuesday, March 5, 2024	Wednesday, March 6, 2024	Thursday, March 7, 2024	Friday, March 8, 2024	<b>Week VI</b>
<b>National School Breakfast Week</b>						
	<p><b>Granola Bites (1 Item)</b></p> <p><i>*New* Apple Cinnamon Protein Spread (1 Item)</i></p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk &amp; Second Fruit (1 item each)</p>	<p><b>Breakfast Bean &amp; Rice (2 Items)</b></p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk &amp; Second Fruit (1 item each)</p>	<p><b>"New" Chicken Sausage &amp; Cheese Croissant Sandwich (2 items)</b></p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk &amp; Second Fruit (1 item each)</p>	<p><b>Assorted Low Sugar Single Bowl Cereal (1 item)</b></p> <p><i>Cheese Stick (1 item)</i></p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk &amp; Second Fruit (1 item each)</p>	<p><b>Breakfast Egg &amp; Rice (2 Items)</b></p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk &amp; Second Fruit (1 item each)</p>	
<i>Chef's Choice may be offered</i>						

<b>Breakfast</b>	Monday, March 11, 2024	Tuesday, March 12, 2024	Wednesday, March 13, 2024	Thursday, March 14, 2024	Friday, March 15, 2024	<b>Week I</b>
	<p><b>Nature Valley Breakfast Crisps (1 item)</b></p> <p><i>Fruited Yogurt Cup (1 item)</i></p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk &amp; Second Fruit (1 item each)</p>	<p><b>Breakfast Bean &amp; Rice (2 Items)</b></p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk &amp; Second Fruit (1 item each)</p>	<p><b>Best Ever French Toast Stick Pack (2 items)</b></p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk &amp; Second Fruit (1 item each)</p>	<p><b>WG Banana Chocolate Chip Oatmeal Breakfast Round (2 items)</b></p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk &amp; Second Fruit (1 item each)</p>	<p><b>Breakfast Egg &amp; Rice (2 Items)</b></p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk &amp; Second Fruit (1 item each)</p>	
<i>Chef's Choice may be offered</i>						

<b>Breakfast</b>	Monday, March 18, 2024	Tuesday, March 19, 2024	Wednesday, March 20, 2024	Thursday, March 21, 2024	Friday, March 22, 2024	<b>Week II</b>
	<p><b>Orange Dream Muffin (2 items)</b></p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk &amp; Second Fruit (1 item each)</p>	<p><b>Breakfast Bean &amp; Rice (2 Items)</b></p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk &amp; Second Fruit (1 item each)</p>	<p><b>"New" Egg &amp; Cheese Croissant Sandwich (2 items)</b></p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk &amp; Second Fruit (1 item each)</p>	<p><b>Betty Crocker Breakfast Bar (1 item)</b></p> <p><i>Hard Boiled Egg (1 item)</i></p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk &amp; Second Fruit (1 item each)</p>	<p><b>Breakfast Egg &amp; Rice (2 Items)</b></p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk &amp; Second Fruit (1 item each)</p>	
<i>Chef's Choice may be offered</i>						

<b>Breakfast</b>	Monday, March 25, 2024	Tuesday, March 26, 2024	Wednesday, March 27, 2024	Thursday, March 28, 2024	Friday, March 29, 2024	<b>Week III</b>
	<p><b>Mini Muffin (1 item)</b></p> <p><i>Fruited Yogurt Cup (1 item)</i></p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk &amp; Second Fruit (1 item each)</p>	<p><b>Breakfast Bean &amp; Rice (2 Items)</b></p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk &amp; Second Fruit (1 item each)</p>	<p><b>Pancake, Chix Sausage, Cheese Breakfast Sandwich (2 items)</b></p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk &amp; Second Fruit (1 item each)</p>	<p><b>Banana Breakfast Bread (2 items)</b></p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk &amp; Second Fruit (1 item each)</p>	<p><b>Breakfast Egg &amp; Rice (2 Items)</b></p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk &amp; Second Fruit (1 item each)</p>	
<i>Chef's Choice may be offered</i>						

Skim & 1% milk served daily.

All bread /bread products /chips /tortillas /pastas listed in the menu are whole grain products.

The menus are 100% pork-free.

All rice dishes /rice products are made of whole grain brown rice.

### National School Breakfast Week - What, When & Why?

National School Breakfast Week was launched in 1989 to raise awareness of the availability of the School Breakfast Program, a federally assisted meal program operating in public and nonprofit private schools and residential childcare institutions since 1975. The occasion reminds families that healthy breakfast options available at school provide an energizing start to the day for students.

U.S. Department of Agriculture data show that more and more students are starting their day with a nutritious breakfast in their school cafeterias. The School Breakfast Program serves more than 14 million students every day.

#### April 2024 Menu (Subject to Change)

	Monday, April 1, 2024	Tuesday, April 2, 2024	Wednesday, April 3, 2024	Thursday, April 4, 2024	Friday, April 5, 2024	
<b>Breakfast</b>	<b>Granola Bites (1 Item)</b>	<b>Breakfast Bean &amp; Rice (2 Items)</b>	<b>Turkey, Egg &amp; Cheese Burrito (2 items)</b>	<b>Assorted Low Sugar Single Bowl Cereal (1 item)</b>	<b>Breakfast Egg &amp; Rice (2 Items)</b>	<b>Week IV</b>
	<i>*New* Apple Cinnamon Protein Spread (1 Item)</i>			<i>Cheese Stick (1 item)</i>		
	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	
	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	
<i>Chef's Choice may be offered</i>						

	Monday, April 8, 2024	Tuesday, April 9, 2024	Wednesday, April 10, 2024	Thursday, April 11, 2024	
<b>Breakfast</b>	<b>Mini Muffin (1 item)</b>	<b>Breakfast Bean &amp; Rice (2 Items)</b>	<b>Country Breakfast Calzone (2 items)</b>	<b>Strawberry Boli (2 items)</b>	<b>Week V</b>
	<i>Cheese Stick (1 item)</i>				
	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	
	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	
<i>Chef's Choice may be offered</i>					