

# Golden Door Charter School

March 2018  
Breakfast Menu

## Get a Healthy Start to Your Day with School Breakfast!

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

### Student Breakfast

\$1.50

### Adult Breakfast

\$2.00

### Reduced Breakfast

\$0.30

take time for  
**school  
BREAKFAST**



## 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.

Monday	Tuesday	Wednesday	Thursday	Friday
	<i>Happy Spring!</i> 		<b>1</b> <b>Egg &amp; Cheese on a Biscuit</b> Assorted Fruit 100% Fruit Juice Milk Selection	<b>2</b> <b>French Toast Sticks with Syrup</b> Assorted Fruit 100% Fruit Juice Milk Selection  <i>Dr. Seuss' Birthday Read Across America</i>
<b>5</b> <b>Bagel w/ Cream Cheese</b> Assorted Fruit 100% Fruit Juice Milk Selection	<b>6</b> <b>Pancakes w/ Syrup</b> Assorted Fruit 100% Fruit Juice Milk Selection	<b>7</b> <b>Buddy Breakfast Day!</b> <b>Half Day</b> <b>Egg &amp; Cheese on a Biscuit</b> Assorted Fruit 100% Fruit Juice Milk Selection	<b>8</b> <b>Breakfast Rings</b> Assorted Fruit 100% Fruit Juice Milk Selection	<b>9</b> <b>Waffle Sticks with Syrup</b> Assorted Fruit 100% Fruit Juice Milk Selection
<b>12</b>  <b>SCHOOL BREAKFAST</b> <b>Assorted Breakfast Bars</b> Assorted Fruit 100% Fruit Juice Milk Selection	<b>13</b> <b>Breakfast Holes</b> Assorted Fruit 100% Fruit Juice Milk Selection	<b>National School Breakfast Week</b>		
<b>14</b> <b>Assorted Cereal with Graham Crackers</b> Assorted Fruit 100% Fruit Juice Milk Selection	<b>15</b> <b>Egg &amp; Cheese on a Biscuit</b> Assorted Fruit 100% Fruit Juice Milk Selection	<b>16</b> <b>French Toast Sticks with Syrup</b> Assorted Fruit 100% Fruit Juice Milk Selection		
<b>19</b> <b>Bagel w/ Cream Cheese</b> Assorted Fruit 100% Fruit Juice Milk Selection	<b>20</b> <b>Pancakes w/ Syrup</b> Assorted Fruit 100% Fruit Juice Milk Selection	<b>21</b> <b>Egg &amp; Cheese on a Biscuit</b> Assorted Fruit 100% Fruit Juice Milk Selection	<b>22</b> <b>Breakfast Rings</b> Assorted Fruit 100% Fruit Juice Milk Selection	<b>23</b> <b>Waffle Sticks with Syrup</b> Assorted Fruit 100% Fruit Juice Milk Selection
<b>26</b> <b>Assorted Breakfast Bars</b> Assorted Fruit 100% Fruit Juice Milk Selection	<b>27</b> <b>Breakfast Holes</b> Assorted Fruit 100% Fruit Juice Milk Selection	<b>28</b> <b>Assorted Cereal with Graham Crackers</b> Assorted Fruit 100% Fruit Juice Milk Selection	<b>29</b> <b>Egg &amp; Cheese on a Biscuit</b> Assorted Fruit 100% Fruit Juice Milk Selection	<b>30</b>  <b>School Closed</b>

Connect with us!



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MENU SUBJECT TO CHANGE

  
Food Services, Inc.  
"This institution is an equal opportunity provider"