



McDonald Co. R-I
School District
MCDONALD
COUNTY HIGH
SCHOOL
BREAKFAST &
LUNCH

MARCH BREAKFAST



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 1 Top Your Waffle Day, Fresh Banana, Milk 2 General Mills Cereal, WW Toast & Jelly, Fresh Banana, Milk	Dr. Suess's Birthday! 2 1 Green Eggs & Ham, Biscuit & Jelly, Chilled Juice, Milk 2 General Mills Cereal, Biscuit & Jelly, Chilled Juice, Milk	3 1 Breakfast Pizza, Chilled Fruit, Milk 2 General Mills Cereal, WW Toast & Jelly, Chilled Fruit, Milk	4 1 Opaal Cinnamon Roll, Trix Yogurt, Chilled Fruit, Milk 2 General Mills Cereal, Opaal Cinnamon Roll, Chilled Fruit, Milk	5 1 Biscuit & Gravy, Sausage, Chilled Juice, Milk 2 General Mills Cereal, Biscuit & Jelly, Chilled Juice, Milk
8 1 Pancake & Sausage/Stick, Fresh Pear, Milk 2 General Mills Cereal, WW Toast & Jelly, Fresh Pear, Milk	9 1 Breakfast Burrito w/ Salsa, Potato Rounds, Milk 2 General Mills Cereal, WW Toast & Jelly, Chilled Fruit, Milk	10 1 Canadian Bacon & Cheese on a Breakfast Pretzel Bun, Chilled Juice, Milk 2 General Mills Cereal, Biscuit & Jelly, Chilled Juice, Milk	11 1 Biscuit & Gravy, Sausage Links, Fresh Fruit, Milk 2 General Mills Cereal, Biscuit & Jelly, Fresh Fruit, Milk	No School!
15 No School!	16 1 Oatmeal, Trix Yogurt, Chilled Fruit, Milk 2 General Mills Cereal, WW Toast & Jelly, Chilled Fruit, Milk	17 1 Breakfast Pizza, Cinnamon Apples, Milk 2 General Mills Cereal, WW Toast & Jelly, Cinnamon Apples, Milk	18 1 Scrambled Eggs, Hash Brown Triangles, Homemade Biscuit & Jelly, Milk 2 General Mills Cereal, Homemade Biscuit & Jelly, Chilled Fruit, Milk	19 1 Biscuit & Gravy, Sausage, Fresh Fruit, Milk 2 General Mills Cereal, Biscuit & Jelly, Fresh Fruit, Milk
22 1 Pancake & Sausage/Stick, Breakfast Ambrosia, Milk 2 General Mills Cereal, WW Toast & Jelly, Breakfast Ambrosia, Milk	23 1 Chicken Biscuit, Potato Rounds, Milk 2 General Mills Cereal, Biscuit & Jelly, Chilled Fruit, Milk	24 1 Waffle Stix, Chilled Juice, Milk 2 General Mills Cereal, WW Toast & Jelly, Chilled Juice, Milk	25 1 Breakfast Burrito, Fresh Fruit, Milk 2 General Mills Cereal, Biscuit & Jelly, Fresh Fruit, Milk	26 1 Biscuit & Gravy, Sausage Links, Fresh Fruit, Milk 2 General Mills Cereal, Biscuit & Jelly, Fresh Fruit, Milk
29 1 Breakfast Pizza, Orange Smiles, Milk 2 General Mills Cereal, WW Toast & Jelly, Orange Smiles, Milk	30 1 Breakfast Burrito w/ Salsa, Hash Browns, Milk 2 General Mills Cereal, Fruit Muffin, Chilled Juice, Milk	31 1 Sausage Biscuit, Fresh Fruit Cup, Milk 2 General Mills Cereal, Biscuit & Jelly, Fresh Fruit Cup, Milk	Third choice of Biscuits and Gravy Daily!	Oatmeal is Available Daily for Breakfast!



read
play
learn
run
dream

Did you know on any given day, 51% of kids go to school without breakfast? Breakfast is available everyday for each and every student at school. Don't let your child be one of the 51% who start the day without needed nutrition for their day.

Students who eat breakfast earn, on average a letter grade higher in math than kids who don't according to *Pediatrics Magazine*. Students who eat school breakfast have greater gains in standardized test scores and show improvements in math, reading and vocabulary scores. Healthy eating also correlates with fewer trips to the school nurse and less absenteeism. Come into the cafeteria for breakfast during March and give school breakfast a try - we'll have breakfast ready and waiting for you each and every morning!