



Montgomery Co.
R-II School
District
HIGH SCHOOL
BREAKFAST &
LUNCH

MARCH BREAKFAST



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 PANCAKE ON A STICK/BREAKFAST PIZZA/BISCUITS & GRAVY/BREAKFAST SANDWICH OR BURRITO- W/FRUIT & MILK	2 PANCAKE ON A STICK/BREAKFAST PIZZA/BISCUITS & GRAVY/BREAKFAST SANDWICH OR BURRITO- W/FRUIT & MILK	3 PANCAKE ON A STICK/BREAKFAST PIZZA/BISCUITS & GRAVY/BREAKFAST SANDWICH OR BURRITO- W/FRUIT & MILK	4 PANCAKE ON A STICK/BREAKFAST PIZZA/BISCUITS & GRAVY/BREAKFAST SANDWICH OR BURRITO- W/FRUIT & MILK	5 PANCAKE ON A STICK/BREAKFAST PIZZA/BISCUITS & GRAVY/BREAKFAST SANDWICH OR BURRITO- W/FRUIT & MILK
8 NATIONAL PANCAKE ON A STICK/BREAKFAST PIZZA/BISCUITS & GRAVY/BREAKFAST SANDWICH OR BURRITO- W/FRUIT & MILK	9 SCHOOL PANCAKE ON A STICK/BREAKFAST PIZZA/BISCUITS & GRAVY/BREAKFAST SANDWICH OR BURRITO- W/FRUIT & MILK	10 BREAKFAST PANCAKE ON A STICK/BREAKFAST PIZZA/BISCUITS & GRAVY/BREAKFAST SANDWICH OR BURRITO- W/FRUIT & MILK	11 WEEK!!! PANCAKE ON A STICK/BREAKFAST PIZZA/BISCUITS & GRAVY/BREAKFAST SANDWICH OR BURRITO- W/FRUIT & MILK	12 NO SCHOOL <small>PROFESSIONAL DEVELOPMENT DAY</small>
15 PANCAKE ON A STICK/BREAKFAST PIZZA/BISCUITS & GRAVY/BREAKFAST SANDWICH OR BURRITO- W/FRUIT & MILK	16 PANCAKE ON A STICK/BREAKFAST PIZZA/BISCUITS & GRAVY/BREAKFAST SANDWICH OR BURRITO- W/FRUIT & MILK	17 PANCAKE ON A STICK/BREAKFAST PIZZA/BISCUITS & GRAVY/BREAKFAST SANDWICH OR BURRITO- W/FRUIT & MILK	18 PANCAKE ON A STICK/BREAKFAST PIZZA/BISCUITS & GRAVY/BREAKFAST SANDWICH OR BURRITO- W/FRUIT & MILK	19 PANCAKE ON A STICK/BREAKFAST PIZZA/BISCUITS & GRAVY/BREAKFAST SANDWICH OR BURRITO- W/FRUIT & MILK
22 PANCAKE ON A STICK/BREAKFAST PIZZA/BISCUITS & GRAVY/BREAKFAST SANDWICH OR BURRITO- W/FRUIT & MILK	23 PANCAKE ON A STICK/BREAKFAST PIZZA/BISCUITS & GRAVY/BREAKFAST SANDWICH OR BURRITO- W/FRUIT & MILK	24 PANCAKE ON A STICK/BREAKFAST PIZZA/BISCUITS & GRAVY/BREAKFAST SANDWICH OR BURRITO- W/FRUIT & MILK	25 PANCAKE ON A STICK/BREAKFAST PIZZA/BISCUITS & GRAVY/BREAKFAST SANDWICH OR BURRITO- W/FRUIT & MILK	26 PANCAKE ON A STICK/BREAKFAST PIZZA/BISCUITS & GRAVY/BREAKFAST SANDWICH OR BURRITO- W/FRUIT & MILK
29	30 NATIONAL SCHOOL BREAKFAST WEEK MARCH 8 - 12, 2010	31	NO SCHOOL MARCH 29 - APRIL 2, 2010 SPRING BREAK	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!