



Platte County R-III
School District
RISING STAR
ELEMENTARY
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	2 1 Green Eggs & Ham, Biscuit & Jelly, Chilled Juice, Milk 2 General Mills Cereal, Biscuit & Jelly, Chilled Juice, Milk Come Celebrate!!	3 PLC Day! Early release	4 Best Cinnamon Rolls on the Planet!! 1 Opa! Cinnamon Roll, Trix Yogurt, Chilled Fruit, Milk 2 General Mills Cereal, Opa! Cinnamon Roll, Chilled Fruit, Milk	5 It's B's & G's for Breakfast!! 1 Biscuit & Gravy, Sausage, Chilled Juice, Milk 2 General Mills Cereal, Biscuit & Jelly, Chilled Juice, Milk
8 National School Breakfast Week! 1 Pancake & Sausage/Stick, Fresh Pear, Milk 2 General Mills Cereal, WW Toast & Jelly, Fresh Pear, Milk Come Celebrate!	9 Breakfast week continues... 1 Breakfast Burrito w/ Salsa, Potato Rounds, Milk 2 General Mills Cereal, WW Toast & Jelly, Chilled Fruit, Milk ...then join us today for lunch	10 Milk does a body good!!! 1 Sausage Biscuit, Fresh Fruit Cup, Milk 2 General Mills Cereal, Biscuit & Jelly, Fresh Fruit Cup, Milk Breakfast improves concentration in school	11 Try NEW Breakfast Item!! 1 Canadian Bacon & Cheese on a Breakfast Pretzel Bun, Chilled Juice, Milk 2 General Mills Cereal, Biscuit & Jelly, Chilled Juice, Milk PRETZEL BUN!!	12 Please continue to eat school breakfast 1 Biscuit & Gravy, Sausage Links, Fresh Fruit, Milk 2 General Mills Cereal, Biscuit & Jelly, Fresh Fruit, Milk THANK YOU FOR EATING BREAKFAST WITH US!
15 1 Breakfast Pizza, Cinnamon Apples, Milk 2 General Mills Cereal, WW Toast & Jelly, Cinnamon Apples, Milk	16 1 Oatmeal w/ Toppings, Trix Yogurt, Chilled Fruit, Milk 2 General Mills Cereal, WW Toast & Jelly, Chilled Fruit, Milk	17 Happy St. Patrick's Day! 1 Yogurt Parfait, Cinn. Struesel Coffee Cake, Chilled Juice, Milk 2 General Mills Cereal, Cinn. Struesel Coffee Cake, Chilled Juice, Milk PLC DAY!	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 Quesadilla Fresh Fruit, Milk 2 General Mills Cereal, Biscuit & Jelly, Fresh Fruit, Milk	26 It's B's & G's for Breakfast!! 1 Biscuit & Gravy, Sausage Links, Fresh Fruit, Milk 2 General Mills Cereal, Biscuit & Jelly, Fresh Fruit, Milk
29 Spring Break! NO SCHOOL	30 Spring Break! NO SCHOOL	31 Spring Break! NO SCHOOL	NOTE TO PARENTS: As your students come back to school from Spring Break...please be sure to check their account balance. Thank you!	



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!