



**Southern Boone
R-1 School
District
HIGH SCHOOL
BREAKFAST &
LUNCH**

MARCH BREAKFAST



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 1 Biscuit w/ Gravy, Sausage Links Fresh Fruit, Milk 2 General Mills Cereal, WW Toast & Jelly, Fresh Fruit, Milk 3 Top Your Waffle Day, Sausage Links, Fresh Fruit, Milk	2 Dr. Suess's Birthday! 1 Scrambled Eggs & Ham, Hashbrown, Biscuit & Jelly, Fruit, Milk 2 General Mills Cereal, Biscuit & Jelly, Chilled Fruit, Milk	3 1 Breakfast Pizza, Chilled Fruit, Milk 2 General Mills Cereal, WW Toast & Jelly, Chilled Fruit, Milk 3 Sausage Biscuit, Chilled Fruit, Milk	4 1 Opa! Cinnamon Roll, Trix Yogurt, Chilled Fruit, Milk 2 General Mills Cereal, Opa! Cinnamon Roll, Chilled Fruit, Milk 3 French Toast Sticks, w/ syrup, Chilled Fruit, Milk	5 1 Biscuit & Gravy, Sausage, Chilled Juice, Milk 2 General Mills Cereal, Biscuit & Jelly, Chilled Juice, Milk 3 Canadian Bacon/Cheese Biscuit, Chilled Juice, Milk
8 1 Biscuit w/ Gravy, Sausage Links, Fresh Fruit, Milk 2 General Mills Cereal, WW Toast & Jelly, Fresh Fruit, Milk 3 Pancake & Sausage Stick, Fresh Fruit, Milk	9 1 Scrambled Eggs w/cheese, Potato Rounds, Chilled Fruit, Milk 2 General Mills Cereal, Fruit Muffin, Chilled Fruit, Milk 3 French Toast Sticks w/syrup, Chilled Fruit, Milk	10 1 Sausage Biscuit, Fresh Fruit Cup, Milk 2 General Mills Cereal, Biscuit & Jelly, Fresh Fruit Cup, Milk 3 Pancakes w/syrup, Fresh Fruit Cup, Milk	11 1 Canadian Bacon & Cheese on Breakfast Pretzel Bun Chilled Juice, Milk 2 General Mills Cereal, Biscuit & Jelly, Chilled Juice, Milk 3 French Toast Sticks, Chilled Juice, Milk	12 1 Biscuit & Gravy, Sausage Links, Fresh Fruit, Milk 2 General Mills Cereal, Biscuit & Jelly, Fresh Fruit, Milk 3 Waffle Sticks w/syrup, Sausage Links, Fresh Fruit, Milk
15 1 Biscuit w/ Gravy, Sausage Patty, Cinnamon Apples, Milk 2 General Mills Cereal, WW Toast & Jelly, Cinnamon Apples, Milk 3 Breakfast Pizza, Cinnamon Apples, Milk	16 1 Oatmeal w/ Toppings, Trix Yogurt, Chilled Fruit, Milk 2 General Mills Cereal, WW Toast & Jelly, Chilled Fruit, Milk 3 French Toast Sticks w/ syrup, Chilled Fruit, Milk	17 1 Yogurt Parfait, Cinn. Struesel Coffee Cake, Chilled Juice, Milk 2 General Mills Cereal, Cinn. Struesel Coffee Cake, Chilled Juice, Milk 3 Pancakes w/syrup, Chilled Juice, Milk	18 1 Scrambled Eggs, Hash Brown Triangles, Homemade Biscuit & Jelly, Milk 2 General Mills Cereal, Homemade Biscuit & Jelly, Chilled Fruit, Milk 3 French Toast Sticks w/ syrup, Chilled Fruit, Milk	19 1 Biscuit & Gravy, Sausage, Fresh Fruit, Milk 2 General Mills Cereal, Biscuit & Jelly, Fresh Fruit, Milk 3 Sausage Biscuit, Fresh Fruit, Milk
22 1 Biscuit w/ Gravy, Sausage Patty, Fruit Mix, Milk 2 General Mills Cereal, WW Toast & Jelly, Fruit Mix, Milk 3 Pancake & Sausage/Stick, Fruit Mix, Milk	23 1 Sausage Biscuit, Potato Rounds, Milk 2 General Mills Cereal, Biscuit & Jelly, Chilled Fruit, Milk 3 French Toast Sticks w/syrup, Chilled Fruit, Milk	24 1 Waffle Stix, Chilled Juice, Milk 2 General Mills Cereal, WW Toast & Jelly, Chilled Juice, Milk 3 Scrambled Eggs w/cheese, WW Toast & Jelly, Chilled Juice, Milk	25 1 Breakfast Pizza, Fresh Fruit, Milk 2 General Mills Cereal, Biscuit & Jelly, Fresh Fruit, Milk 3 Yogurt w/Fruit Muffin, Fresh Fruit, Milk	26 1 Biscuit & Gravy, Sausage Links, Fresh Fruit, Milk 2 General Mills Cereal, Biscuit & Jelly, Fresh Fruit, Milk 3 Pancakes w/syrup, Fresh Fruit, Milk
29	30 ENJOY YOUR SPRING BREAK!!!!	31		Oatmeal 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!