



**Van Buren R-I
School District
ELEMENTARY
BREAKFAST &
LUNCH**

MARCH BREAKFAST



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Dr. Suess's Birthday! 2	3	4	5
<ul style="list-style-type: none"> 1 Pancakes, Candian Bacon Fresh Fruit, Milk 2 General Mills Cereal, WW Toast & Jelly, Fresh Fruit, Milk 	<ul style="list-style-type: none"> 1 Green Eggs & Ham, Biscuit & Jelly, Chilled Juice, Milk 2 General Mills Cereal, Biscuit & Jelly, Chilled Juice, Milk 	<ul style="list-style-type: none"> 1 Breakfast Pizza, Chilled Fruit, Milk 2 General Mills Cereal, WW Toast & Jelly, Chilled Fruit, Milk 	<ul style="list-style-type: none"> 1 Opaal! Cinnamon Roll, Trix Yogurt, Chilled Fruit, Milk 2 General Mills Cereal, Opaal! Cinnamon Roll, Chilled Fruit, Milk 	<ul style="list-style-type: none"> 1 Biscuit & Gravy, Sausage, Chilled Juice, Milk 2 General Mills Cereal, Biscuit & Jelly, Chilled Juice, Milk
8	9	10	11	12
<ul style="list-style-type: none"> 1 Pancake & Sausage/Stick, Fresh Pear, Milk 2 General Mills Cereal, WW Toast & Jelly, Fresh Pear, Milk 	<ul style="list-style-type: none"> 1 Breakfast Burrito w/ Salsa, Potato Rounds, Milk 2 General Mills Cereal, Fruit Muffin, Chilled Fruit, Milk 	<ul style="list-style-type: none"> 1 Sausage Biscuit, Fresh Fruit Cup, Milk 2 General Mills Cereal, Biscuit & Jelly, Fresh Fruit Cup, Milk 	<ul style="list-style-type: none"> 1 Canadian Bacon & Cheese on Biscuit, Chilled Juice, Milk 2 General Mills Cereal, Biscuit & Jelly, Chilled Juice, Milk 	<ul style="list-style-type: none"> 1 Biscuit & Gravy, Sausage Links, Fresh Fruit, Milk 2 General Mills Cereal, Biscuit & Jelly, Fresh Fruit, Milk
15	16	17	18	19
<ul style="list-style-type: none"> 1 Breakfast Pizza, Cinnamon Apples, Milk 2 General Mills Cereal, WW Toast & Jelly, Cinnamon Apples, Milk 	<ul style="list-style-type: none"> 1 Oatmeal w/ Toppings, muffin, Chilled Fruit, Milk 2 General Mills Cereal, Muffin, Chilled Fruit, Milk 	<ul style="list-style-type: none"> 1 Yogurt, Cinn. Struesel Coffee Cake, Chilled Juice, Milk 2 General Mills Cereal, Cinn. Struesel Coffee Cake, Chilled Juice, Milk 	<ul style="list-style-type: none"> 1 Scrambled Eggs, Hash Brown Triangles, Homemade Biscuit & Jelly, Milk 2 General Mills Cereal, Homemade Biscuit & Jelly, Chilled Fruit, Milk 	<ul style="list-style-type: none"> 1 Biscuit & Gravy, Sausage, Fresh Fruit, Milk 2 General Mills Cereal, Biscuit & Jelly, Fresh Fruit, Milk
22	23	24	25	26
<ul style="list-style-type: none"> 1 Pancake & Sausage/Stick, Breakfast Ambrosia, Milk 2 General Mills Cereal, WW Toast & Jelly, Breakfast Ambrosia, Milk 	<ul style="list-style-type: none"> 1 Scrambled Eggs, Potato Rounds, Chilled Fruit, Milk 2 General Mills Cereal, Biscuit & Jelly, Chilled Fruit, Milk 	<ul style="list-style-type: none"> 1 Pancakes, Chilled Juice, Milk 2 General Mills Cereal, WW Toast & Jelly, Chilled Juice, Milk 	<ul style="list-style-type: none"> 1 Scrambled eggs, hash browns, Fresh Fruit, Milk 2 General Mills Cereal, Biscuit & Jelly, Fresh Fruit, Milk 	<ul style="list-style-type: none"> 1 Biscuit & Gravy, Sausage Links, Fresh Fruit, Milk 2 General Mills Cereal, Biscuit & Jelly, Fresh Fruit, Milk
29	30	31		
<ul style="list-style-type: none"> 1 Breakfast Pizza, Orange Smiles, Milk 2 General Mills Cereal, WW Toast & Jelly, Orange Smiles, Milk 	<ul style="list-style-type: none"> 1 Breakfast Burrito w/ Salsa, Hash Browns, Milk 2 General Mills Cereal, WW Toast & Jelly, Chilled Juice, Milk 	<ul style="list-style-type: none"> 1 Sausage Biscuit, Fresh Fruit Cup, Milk 2 General Mills Cereal, Biscuit & Jelly, Fresh Fruit Cup, Milk 		

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!