



**Van Buren R-I
School District
MIDDLE & HIGH
SCHOOL
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 Pancake Stick 2 General Mills Cereal, 3 Yogurt Muffin, Fruit, Juice Milk	<ul style="list-style-type: none"> 1 Ham egg & cheese Biscuit 2 General Mills Cereal, 3 Yogurt Muffin, Fruit, Juice Milk	<ul style="list-style-type: none"> 1 Breakfast Pizza, 2 General Mills Cereal, 3 Yogurt Muffin, Fruit, Juice Milk	<ul style="list-style-type: none"> 1 Breakfast Sandwich 2 General Mills Cereal, 3 Yogurt Muffin, Fruit, Juice Milk	<ul style="list-style-type: none"> 1 Biscuit & Gravy, 2 General Mills Cereal, 3 Yogurt Muffin, Fruit, Juice Milk
8	9	10	11	12
<ul style="list-style-type: none"> 1 Pancake & Sausage/Stick, 2 General Mills Cereal, 3 Yogurt Muffin, Fruit, Juice Milk	<ul style="list-style-type: none"> 1 Breakfast Burrito 2 General Mills Cereal, 3 Yogurt Muffin, Fruit, Juice Milk	<ul style="list-style-type: none"> 1 Sausage Biscuit, 2 General Mills Cereal, 3 Yogurt Muffin, Fruit, Juice Milk	<ul style="list-style-type: none"> 1 Canadian Bacon & Cheese on Biscuit 2 General Mills Cereal, 3 Yogurt Muffin, Fruit, Juice Milk	<ul style="list-style-type: none"> 1 Biscuit & Gravy, 2 General Mills Cereal, 3 Yogurt Muffin, Fruit, Juice Milk
15	16	17	18	19
<ul style="list-style-type: none"> 1 Breakfast Pizza, 2 General Mills Cereal, 3 Yogurt Muffin, Fruit, Juice Milk	<ul style="list-style-type: none"> 1 Pancake Stick 2 General Mills Cereal, 3 Yogurt Muffin, Fruit, Juice Milk	<ul style="list-style-type: none"> 1 Breakfast Sandwich 2 General Mills Cereal, 3 Yogurt Muffin, Fruit, Juice Milk	<ul style="list-style-type: none"> 1 Scrambled Eggs, Hash Brown Triangles, 2 General Mills Cereal, 3 Yogurt Muffin, Fruit, Juice Milk	<ul style="list-style-type: none"> 1 Biscuit & Gravy, 2 General Mills Cereal, 3 Yogurt Muffin, Fruit, Juice Milk
22	23	24	25	26
<ul style="list-style-type: none"> 1 Pancake & Sausage/Stick, 2 General Mills Cereal, 3 Yogurt Muffin, Fruit, Juice Milk	<ul style="list-style-type: none"> 1 Breakfast Pizza 2 General Mills Cereal, 3 Yogurt Muffin, Fruit, Juice Milk	<ul style="list-style-type: none"> 1 Breakfast Sandwich 2 General Mills Cereal, 3 Yogurt Muffin, Fruit, Juice Milk	<ul style="list-style-type: none"> 1 Scrambled eggs, hash browns, 2 General Mills Cereal, 3 Yogurt Muffin, Fruit, Juice Milk	<ul style="list-style-type: none"> 1 Biscuit & Gravy, 2 General Mills Cereal, 3 Yogurt Muffin, Fruit, Juice Milk
29	30	31	Oatmeal Available Daily for Breakfast	
<ul style="list-style-type: none"> 1 Breakfast Pizza, Or 2 General Mills Cereal, 3 Yogurt Muffin, Fruit, Juice Milk	<ul style="list-style-type: none"> 1 Breakfast Burrito 2 General Mills Cereal, 3 Yogurt Muffin, Fruit, Juice Milk	<ul style="list-style-type: none"> 1 Sausage Biscuit, 2 General Mills Cereal, 3 Yogurt Muffin, Fruit, Juice Milk		



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!