

March 2021

PARK CITY SCHOOLS

BREAKFAST



Breakfast Prices

K-12 \$1.35 Adults \$2.00



Nutrition Tip: March is National Nutrition Month! To celebrate, try eating at least one new food each week. Keep it interesting by picking out new foods you've never tried before, like mango, lentils, quinoa, kale, or sardines.

References: Academy of Nutrition & Dietetics, USDA MyPlate

Monday

Cereal Bars, **1**
Cheese Stick, Craisins
and Milk

Cinnamon Bagel **8**
Stick, Raisins, Cheese
Stick and Milk

Coco Breakfast **15**
Bread, Cheese Stick,
Oranges and Milk

Muffins, **22**
Cheese Stick,
Oranges and Milk

Bagel, Cream **29**
Cheese,
Applesauce and Milk

Tuesday

French Toast **2**
Sticks, Go-Gurt,
Juice and Milk

Banana Bread, **9**
Go-Gurt,
Juice and Milk

Mini-Cinnamon **16**
Rolls, Go-Gurt,
Juice and Milk

Mini-Pancakes, **23**
Juice, Go-Gurt,
and Milk

Breakfast **30**
Sausage Stick,
Go-Gurt, Juice and Milk

Wednesday

Variety of Cereal, **3**
Applesauce, Cheese
Stick and Milk

Variety of Cereal, **10**
Applesauce, Cheese
Stick and Milk

Variety of Cereal, **17**
Applesauce, Cheese
Stick and Milk

Variety of Cereal, **24**
Applesauce, Cheese
Stick and Milk

Variety of Cereal, **31**
Raisins, Cheese
Stick and Milk

Thursday

Pop Tarts, Grapes, **4**
Cheese Stick, Juice
and Milk

Maple Bars, Grapes, **11**
Cheese Stick and Milk

Breakfast Sandwich, **18**
Grapes, Juice
and Milk

Nutri Grain Bars, **25**
Cheese Stick,
Grapes, Juice and Milk

Friday

Yogurt, **5**
Mixed-Berries,
Muffins and Milk

NO SCHOOL **12**

Yogurt, Granola **19**
Bar, Mixed-
Berries and Milk

Yogurt, **26**
Mixed-berries,
Breakfast Cookie,
and Milk

