

GBCS Breakfast Menu

March 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Banana Muffin ^v Diced Peaches 100% Grape Juice	2 Reduced Sugar Cinnamon Toast Crunch ^v Graham Crackers Applesauce 100% Orange Juice	3 ^v Cinnamon Crisp Bar Fresh Banana 100% Pineapple Juice
6 No School	7 No School	8 Honey Bunches of Oats ^v Graham Crackers Diced Peaches 100% Grape Juice	9 Plain Bagel ^v w/ Cream Cheese Applesauce 100% Orange Juice	10 Multi-Grain Cinnamon Flakes ^v Graham Crackers Fresh Banana 100% Pineapple Juice
13 ^v Cinnamon Crisp Bar Cranberries 100% Fruit Juice	14 ^v Strawberry Yogurt Graham Crackers Diced Pineapple 100% Apple Juice	15 Multi-Grain Cinnamon Flakes ^v Graham Crackers Diced Peaches 100% Grape Juice	16 Plain Bagel ^v w/ Cream Cheese Applesauce 100% Orange Juice	17 ^v Blueberry Muffin Fresh Banana 100% Pineapple Juice
20 ^v Multi-Grain Cheerios Graham Crackers Cranberries 100% Fruit Juice	21 ^v Raspberry Yogurt Graham Crackers Diced Pineapple 100% Apple Juice	22 ^v Cinnamon Raisin Bagel w/ Butter Diced Peaches 100% Grape Juice	23 Honey Bunches of Oats ^v Graham Crackers Applesauce 100% Orange Juice	24 ^v Cherry Cocoa Bar Fresh Banana 100% Pineapple Juice
27 Multi-Grain Frosted Flakes ^v Graham Crackers Cranberries 100% Fruit Juice	28 ^v Strawberry Yogurt Graham Crackers Diced Pineapple 100% Apple Juice	29 Banana Muffin ^v Diced Peaches 100% Grape Juice	30 Reduced Sugar Cinnamon Toast Crunch ^v Graham Crackers Applesauce 100% Orange Juice	31 ^v Cinnamon Crisp Bar Fresh Banana 100% Pineapple Juice

DID YOU KNOW...

- All grain products are whole grain rich
- There are no pork products on this menu
- Meats are lean and cheeses are low fat
- All products contain Zero Trans Fats, No Artificial Colors and Sweeteners, and No High Fructose Corn Syrup

Breakfast Milk Choices

1% Milk
Skim Milk

PLEASE NOTE

- If you have a food allergy please speak to your school nurse
- Menu is subject to change.

Vegetarian items are

