

Alief Montessori Community School

March 2023 Breakfast

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|--|
| | | Mar - 1 French Toast Craisins Fruit Punch 4oz Milk, 1% or Fat Free Syrup | Mar - 2 Strawberry Bagel Peaches Apple Juice 4oz Milk, 1% or Fat Free | Mar - 3 Cheerios cereal Fresh Fruit Orange Juice 4oz Milk, 1% or Fat Free |
| Mar - 6 Blueberry Muffin Mixed fruit Fruit Punch 4oz Milk, 1% or Fat Free | Mar - 7 Turkey Breakfast Pizza Craisins Apple Juice 4oz Milk, 1% or Fat Free | Mar - 8 Mini Cinnamon Waffles Applesauce Fruit Punch 4oz Milk, 1% or Fat Free Syrup | Mar - 9 Banana Muffin Peaches Apple Juice 4oz Milk, 1% or Fat Free | Mar - 10 Cinnamon Toast Crunch cereal Fresh Fruit Orange juice 4oz Milk, 1% or Fat Free |
| Mar - 13 Spring Break | Mar - 14 Spring Break | Mar - 15 Spring Break | Mar - 16 Spring Break | Mar - 17 Spring Break |
| Mar - 20 Apple Filling Strudel Strawberry Applesauce Fruit Punch 4oz Milk, 1% or Fat Free | Mar - 21 Turkey breakfast wrap Mixed Fruit Orange juice 4oz Milk, 1% or Fat Free | Mar - 22 Mini pancakes Craisins Apple Juice 4oz Milk, 1% or Fat Free Syrup | Mar - 23 Blueberry Muffin Peaches Fruit Punch 4oz Milk, 1% or Fat Free | Mar - 24 Cheerios Cereal Fresh Fruit Orange Juice Milk, 1% or Fat Free |
| Mar - 27 Apple Muffin Applesauce Fruit Punch 4oz Milk, 1% or Fat Free | Mar - 28 Turkey Breakfast Pizza Craisins Apple Juice 4oz Milk, 1% or Fat Free | Mar - 29 Mini Cinnamon Waffles Mixed fruit Orange juice 4oz Milk, 1% or Fat Free Syrup | Mar - 30 Strawberry Bagel Peaches Apple Juice 4oz Milk, 1% or Fat Free | Mar - 31 Cinnamon Toast Crunch cereal Fresh Fruit Fruit punch 4oz Milk, 1% or Fat Free |

***N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient. *- denotes combined nutrient totals with either missing or incomplete nutrient data.**

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Assistance available in English and Spanish. Please call 877-TEX-MEAL (877-839-6325) for help.

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Mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410
Fax: (202) 690-7442; or Email: program.intake@usda.gov.