

Elementary Breakfast Menu

Paid Breakfast \$1.25 or Reduced \$.30

Breakfast includes: (1) Entrée Choice and Goldfish Grahams, Milk
Fresh Fruit or Fruit Juice

Assorted Cereal with Goldfish Grahams available daily

OR

- Monday Chocolate Chip Power Bar and Goldfish Grahams
- Tuesday Whole Grain Strawberry Pop Tart and Goldfish Grahams
- Wednesday Super Cinnamon Bun and Goldfish Grahams
- Thursday Whole Grain Trix Cereal Bar and Goldfish Grahams
- Friday Elfin Loaf and Goldfish Grahams

March is National Nutrition Month

Herbs and Spices...

Make food
taste
great!



Theodore EAT

Come from
edible parts
of plants!



Sydney C. LEARN

Are healthier seasonings
than salt, sugar, and
fats!



Ava LIVE

Can You Find the Names of Seven Super Spices?

Y F N S C R V R R X P H T Y D
 C E M M M D O G E X O I N R O
 T N L K K S Z E D Q Y S Y L K
 O U Z L E C M Z P A U F J D W
 U F D M O Y N F E E R Q G U J
 W N A J H W T J P B E S C O Z
 O R V T S V C K P J G D Y G P
 Y Q E O O R G U E T N W D F I
 N O M A N N I C R B I X B O K
 B E O O N A M X W R G Y K S Z
 F A B S T M G S A K Y W T M K
 Z B R S S L F E J G K Q L C Y
 Y X T V Y C B X R G X O R I X
 I H S C W S U H G O Y K Q P V
 D K V Y M U R O M N R G O C V

Search the puzzle for:

- CINNAMON
- GINGER
- OREGANO
- RED PEPPER
- ROSEMARY
- THYME
- YELLOW CURRY

