



MARCH | 2023

K - 12 Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
27 Cheerios Cereal Bowl (1 gm) Applesauce 100% Fruit Juice	28 WG Cinnamon Swirl (13 gm) Craisins 100% Fruit Juice	1 Blueberry Muffin (13 gm) Tropical Fruit Cup 100% Fruit Juice 6 - 12 grades: honey graham crackers	2 Eggo Mini Maple Waffles (10 gm) Red Apple 100% Fruit Juice	3 Mini Wheats Cereal Bowl Fresh Banana 100% Fruit Juice
6 Cocoa Puffs Cereal Bowl (7.6 gm) Applesauce 100% Fruit Juice	7 WG Donut (6 gm) Craisins 100% Fruit Juice	8 Chocolate Chip Muffin (8 gm) Tropical Fruit Cup 100% Fruit Juice 6 - 12 grades: honey graham crackers	9 WG Concha Pan Dulce (8 gm) Red Apple 100% Fruit Juice	10 WG Pop Tart (15 gm) Fresh Banana 100% Fruit Juice
13	14	15	16	17
SPRING BREAK				
20 Cheerios Cereal Bowl (1 gm) Applesauce 100% Fruit Juice	21 WG Cinnamon Swirl (13 gm) Craisins 100% Fruit Juice	22 Blueberry Muffin (13 gm) Tropical Fruit Cup 100% Fruit Juice 6 - 12 grades: honey graham crackers	23 Eggo Mini Maple Waffles (10 gm) Red Apple 100% Fruit Juice	24 Mini Wheats Cereal Bowl Fresh Banana 100% Fruit Juice
27 Cocoa Puffs Cereal Bowl (7.6 gm) Applesauce 100% Fruit Juice	28 WG Donut (6 gm) Craisins 100% Fruit Juice	29 Chocolate Chip Muffin (8 gm) Tropical Fruit Cup 100% Fruit Juice 6 - 12 grades: honey graham crackers	30 WG Concha Pan Dulce (8 gm) Red Apple 100% Fruit Juice	31 WG Pop Tart (15 gm) Fresh Banana 100% Fruit Juice

News

Come try our tasty healthy breakfast options offered daily. All items are whole grain rich and follow USDA healthy nutrition guidelines!

Number in parenthesis next to the item name is the grams of sugar per item.

For additional nutrition information download the My School Menus App.



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