

# RED BANK CHARTER SCHOOL

March

Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
Vanilla Yogurt-4oz W/G Granola-1oz Trix Cereal-1oz Fresh Fruit-1	Fruit Smoothies-1 ½ c Apricot-1/2c Banana-1/2 ½ c and Orange Juice Honey Nut Cheerios-1oz	Scramble Eggs-4oz Turkey Sausage-3 W/G Bread Slice-1 Fresh Fruit-1 Milk-8oz	Bagels-1 Cream Cheese Fresh Fruit-1 Milk-8 oz	Fruit Smoothies-1 ½ c Strawberry1/2c Banana 1/2c And Apple Juice-4oz Trix Cereal-1oz W/G Grahams Crackers-3 Milk-8oz
	Grahams Crackers-2 Milk-8oz			
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
Vanilla Yogurt-4oz W/G Granola-1oz Honey Nut Cheerios-1oz Fresh Fruit-1 Milk-8oz	W/G Pancakes-3 Turkey Bacon-3 Fresh Fruit-1 Milk-8oz	Oatmeal Grahams Crackers-2 Fresh Fruit-1 Milk-8oz	W/G Waffle Turkey Sausage-3 Fresh Fruit-1 Milk-8oz Egg & Croissant	Fruit Smoothies-1 ½ c Mixed Fruit-1/2 c Apple and Orange Juice-4oz Trix Cereal-1oz Grahams Crackers-2 Milk-8oz
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
Vanilla Yogurt-4oz W/G Granola-1oz Trix Cereal-1oz Fresh Fruit-1 Milk-8oz	Fruit Smoothies-1 ½ c Apricot-1/2c Banana-1/2 and Apple Juice-4oz Waffle Grahams-2 Honey Nut Cheerios-1oz Milk-8oz	Muffins-1 Waffle Crackers-2 Fresh Fruit-1 Milk-8oz	Scramble Eggs-4oz Turkey Bacon-3 Fresh Fruit-1 Milk-8 oz	Fruit Smoothies Apricot1/2c&Strawberry1/2 And Apple Juice-4oz Waffle Grahams-2 Honey Nut Cheerios-1oz Milk-8oz
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
Vanilla Yogurt-4oz W/G Granola-1oz Honey Nut Cheerios-1oz Fresh Fruit-1 Milk-8oz	French Toast Sticks-3 Turkey Bacon-3 Fresh Fruit-1 Milk-8oz	Egg & Croissant Turkey Sausage-3 Fresh Fruit-1 Milk-8oz	Bagels-1 Cream Cheese Fresh Fruit-1 Milk-8oz	Fruit Smoothies Peaches1/2c&Apple1/2c and Orange Juice-4oz Grahams Crackers-2 Trix Cereal-1oz Milk-8oz
<b>30</b>	<b>31</b>			
Vanilla Yogurt-4oz W/G Granola-1oz Trix Cereal-1oz Fresh Fruit-1 Milk-8oz	Fruit Smoothies-1 ½ c Mixed Fruit 1c Apple juice Grahams Crackers-2 Honey Nut Cheerios-1oz Milk-8oz			