

**Bergen Arts & Science  
Elementary & Middle**

**March 2018  
Breakfast Menu**

**Get a Healthy Start to Your  
Day with School Breakfast!**

**Did you know, if you are approved for  
free or reduced lunch, you are also  
eligible for breakfast!**

**Student Breakfast**

**\$1.90**

**Adult Breakfast**

**\$2.50**

**Reduced Breakfast**

**\$0.30**



**NUTRITION NEWS:**

**Celebrate National Nutrition Month®** and "Go Further with Food!" The foods we choose can make a real difference in how we think, learn, and play! Here are some tips to "Go Further with Food" this month:

- Make an effort to include a variety of healthy and colorful foods from all the food groups daily!
- Be sure to consume the appropriate portion size. Don't forget to use MyPlate as a guide for choosing the best foods to fuel your body!
- Think outside the box. Discover activities that you look forward to and make yourself a goal to be physically active every day.

Monday	Tuesday	Wednesday	Thursday	Friday
	<i>Happy Spring!</i> 		<b>1</b> Assorted Cereal with Muffin Assorted Fruit 100% Fruit Juice Milk Selection	<b>2</b> Bagel with Cream Cheese Assorted Fruit 100% Fruit Juice Milk Selection  <i>Dr. Seuss' Birthday Read Across America</i>
<b>5</b> Assorted Cereal with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection	<b>6</b> Assorted Cereal with Muffin Assorted Fruit 100% Fruit Juice Milk Selection	<b>7</b> Assorted Cereal with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection	<b>8</b> Assorted Cereal with Muffin Assorted Fruit 100% Fruit Juice Milk Selection	<b>9</b> Bagel with Cream Cheese Assorted Fruit 100% Fruit Juice Milk Selection
		National School Breakfast Week		
<b>12</b> Assorted Cereal with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection	<b>13</b> Assorted Cereal with Muffin Assorted Fruit 100% Fruit Juice Milk Selection	<b>14</b> Assorted Cereal with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection	<b>15</b> Assorted Cereal with Muffin Assorted Fruit 100% Fruit Juice Milk Selection	<b>16</b> Bagel with Cream Cheese Assorted Fruit 100% Fruit Juice Milk Selection
<b>19</b> Assorted Cereal with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection	<b>20</b> Assorted Cereal with Muffin Assorted Fruit 100% Fruit Juice Milk Selection	<b>21</b> Assorted Cereal with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection	<b>22</b> Assorted Cereal with Muffin Assorted Fruit 100% Fruit Juice Milk Selection	<b>23</b> Bagel with Cream Cheese Assorted Fruit 100% Fruit Juice Milk Selection
<b>26</b> Assorted Cereal with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection	<b>27</b> Assorted Cereal with Muffin Assorted Fruit 100% Fruit Juice Milk Selection	<b>28</b> Assorted Cereal with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection	<b>29</b> Assorted Cereal with Muffin Assorted Fruit 100% Fruit Juice Milk Selection	<b>30</b>  <b>School Closed</b>

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MENU SUBJECT  
TO CHANGE



"This institution is an equal opportunity provider"