



Ballard Elementary BREAKFAST MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>NATIONAL NUTRITION MONTH GET YOUR PLATE IN SHAPE</p> <p>eat right. National Nutrition Month 2012 Academy of Nutrition and Dietetics www.eatright.org</p>	<p>MARCH HARVEST OF THE MONTH</p> <p>Kiwi Jicama</p> <p>Quinoa</p>	<p>Free & Reduced-meal forms can be obtained from all building offices at any time throughout the school year.</p>	<p>1</p> <p>Cereal Toast and Jelly Chilled Juice Milk</p>	<p>2</p> <p>Cake Donut Pears Milk</p>
<p>5</p> <p>Cereal Toast and Jelly Chilled Juice Milk</p>	<p>6</p> <p>Scrambled Eggs in Tortilla with Salsa Chilled Juice Milk</p>	<p>7</p> <p>Pancakes with Syrup Applesauce Milk</p>	<p>8</p> <p>Cereal Toast and Jelly Chilled Juice Milk</p>	<p>9</p> <p>No School</p>
<p>12</p>	<p>Spring Break/No School</p>			<p>16</p>
<p>19</p> <p>Cereal Toast and Jelly Chilled Juice Milk</p>	<p>20</p> <p>Egg Patty on English Muffin with Cheese Pineapple Tidbits Milk</p>	<p>21</p> <p>Bagel with Cream Cheese Chilled Juice Milk</p>	<p>22</p> <p>Cereal Toast and Jelly Chilled Juice Milk</p>	<p>23</p> <p>Sausage Patty Waffle with Syrup Applesauce Milk</p>
<p>26</p> <p>Cereal Toast and Jelly Chilled Juice Milk</p>	<p>27</p> <p>French Toast with Syrup Chilled Juice Milk</p>	<p>28</p> <p>Scrambled Eggs Toast Pineapple Tidbits Milk</p>	<p>29</p> <p>Cereal Toast and Jelly Chilled Juice Milk</p>	<p>30</p> <p>Cake Donut Pears Milk</p>

BREAKFAST PRICES

Elementary	\$1.15
Secondary	\$1.25
Reduced	\$0.30
Additional Milk	\$0.40

Menus subject to change without notice.

Power Up with O' Breakfast!

Eating a nutritious breakfast can help kids maintain a healthy weight.

So make it a point each day to fuel up with a healthy breakfast!

No time to eat at home? Join us for breakfast at school.

Milk Choice of 1%, Skim and Skim Chocolate is included with Breakfast

To check the balance in your account or for additional information, contact:
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