

March 2023 Elementary & Middle School Breakfast

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|---|--|
| Meal: \$1.75 Milk \$.60 Choice of Cereal & Toast available daily All students must take 1/2 cup fruit or juice with breakfast Milk, juice, and fresh fruit offered daily with all meals | Visit the Titan Family Portal at www.family.titank12.com or download the Titan app to monitor student purchases, deposit funds, set up automatic payments or low balance reminders, and apply for free/reduced price meals. | | Yogurt & Homemade Muffin or Toast | Blueberry Bash Waffles | FREE FRIDAY Whole Grain Pop Tart |
| | Hard Boiled Eggs, Sausage & Toast | Egg & Cheese on an English Muffin | Pancakes | French Toast Sticks | FREE FRIDAY Bagel w/ Cream Cheese |
| | Waffles | Fresh Smoothie with Graham Crackers or Toast | Cinnamon Rolls | Bacon, Egg & Cheese on a Bagel | FREE FRIDAY WG Glazed Donut |
| | Hard Boiled Eggs, Sausage & Toast | French Toast Sticks | Streusel Coffee Cake w/ Hot Apple Slices | Egg & Cheese on an English Muffin | FREE FRIDAY Pancakes |
| | Waffles | Bagel w/ Cream Cheese | Ham, Egg & Cheese on English Muffin | Baseball Opening Day Baseball Donut | FREE FRIDAY Blueberry Bash Waffles |

March is National Nutrition Month!

Celebrate local farms by eating school meals!

We source products from New York State, particularly the Capital Region, whenever possible. Local food is fresher, better for the environment, and full of flavor and nutrition!! Look for the apple on the lunch menu to find products locally grown/produced within New York State.



shutterstock.com • 158881527



Local farms we support:

Thomas Poultry (Schuylerville)

Saratoga Apple (Schuylerville)

King Brothers Dairy (Schuylerville)

Any many more sourced through Comfort Food Community (Greenwich) and AC Freshco (Green Island)