



MARCH | 2023



Pellston MS/HS Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
27 #FOODISFUEL	28	1 Yogurt Parfaits: Blueberry or Strawberry	2 ½ Day Muffins or Oatmeal	3 No School 
6  Biscuit & Gravy	7 Breakfast Pizza	8 Assorted Bagels 	9 Bagel Topper	10 Waffle Scrambled Eggs 
13 Pancake Wrap	14 Yogurt Parfaits: Blueberry or Strawberry	15 Scrambled Eggs Sausage Links Hashbrown Patty	16 Breakfast Sandwich	17 French Toast Sausage Patty
20 Biscuit & Gravy	21 Breakfast Pizza	22 Breakfast Sandwich	23 Chef's Choice: Cleaning out the Cooler!	24 Start Spring Break! 
27 Benefits of Breakfast for students: *More alert *Increased energy *Increased focus & concentration		29 Offer vs Serve (select at least 2): Whole Grain Item Protein Item (Must choose) Fruit/Juice White Milk	30 Eating breakfast helps maintain a healthy body weight & increases the amount of vitamins, minerals, & other daily nutrients	31 Balance breakfast by offering a grain & a protein together 

News

Breakfasts are FREE to ALL students!

Every breakfast comes with a choice of a WG item (hot & cold options)
 Protein Item
 (Yogurt, Hardboiled egg, string cheese, beef stick)
 Fresh & Cupped fruit
 100% fruit juice
 1% White Milk
 1% Flavored Milk

WG=Whole Grain

Substitutions may be necessary where product is unavailable.

Questions:

Contact Amy Beach
 Food Service Director
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