

Menu Name : Parnassus Preparatory School Breakfast Menu	Meal Pattern : NSLP	Meal: Breakfast
March - 2024		

Breakfast	Celebrate National School Breakfast Week, March 4-8!				Friday, March 1, 2024	Week V
	<p>CKC Good Food is celebrating National School Breakfast Week March 4-8 by serving our most popular breakfast items!</p> <p><i>Studies show that students who eat school breakfast are more likely to:</i></p> <ul style="list-style-type: none"> •Reach higher levels of achievement in reading and math •Score higher on standardized tests •Have better concentration and memory •Be more alert •Maintain a healthy weight 					
					<p><i>* Student Favorite*</i> Low Sugar Whole Grain Breakfast Mini Bites (2 items)</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk & Second Fruit (1 item each)</p>	
Don't miss out! Try school breakfast!					<i>Chef's Choice may be offered</i>	

Monday, March 4, 2024		Tuesday, March 5, 2024		Wednesday, March 6, 2024		Thursday, March 7, 2024		Friday, March 8, 2024			
National School Breakfast Week											
Breakfast	"New" Nut-Free Chocolate Breakfast Spread w/ Granola Crackers (2 items)		Delicious Pancake Bites (2 items)		Banana Loaf (2 items)		* Student Favorite* Low Sugar WG Honey Bun (2 items)		* Student Favorite* Low Sugar Whole Grain Chocolate Cake Donut (2 items)		Week VI
	100% 4.23 oz Fruit Juice (1 item)		100% 4.23 oz Fruit Juice (1 item)		100% 4.23 oz Fruit Juice (1 item)		100% 4.23 oz Fruit Juice (1 item)		100% 4.23 oz Fruit Juice (1 item)		
	Choice Milk & Second Fruit (1 item each)		Choice Milk & Second Fruit (1 item each)		Choice Milk & Second Fruit (1 item each)		Choice Milk & Second Fruit (1 item each)		Choice Milk & Second Fruit (1 item each)		
<i>Chef's Choice may be offered</i>											

Monday, March 11, 2024		Tuesday, March 12, 2024		Wednesday, March 13, 2024		Thursday, March 14, 2024		Friday, March 15, 2024			
Breakfast	WG Chocolate Swirl Breakfast Roll (2 items)		Confetti Snackbread (2 Items)		WG Banana Oatmeal Breakfast Round (2 items)		Whole Grain Chocolate Chip Muffin (2 items)		Low Sugar Whole Grain Cake Donut (2 items)		Week I
	100% 4.23 oz Fruit Juice (1 item)		100% 4.23 oz Fruit Juice (1 item)		100% 4.23 oz Fruit Juice (1 item)		100% 4.23 oz Fruit Juice (1 item)		100% 4.23 oz Fruit Juice (1 item)		
	Choice Milk & Second Fruit (1 item each)		Choice Milk & Second Fruit (1 item each)		Choice Milk & Second Fruit (1 item each)		Choice Milk & Second Fruit (1 item each)		Choice Milk & Second Fruit (1 item each)		
<i>Chef's Choice may be offered</i>											

Monday, March 18, 2024		Tuesday, March 19, 2024		Wednesday, March 20, 2024		Thursday, March 21, 2024		Friday, March 22, 2024			
Breakfast	WG Apple Mini Bites (2 items)		Orange Dream Muffin (2 items)		Nut-Free Apple Cinnamon Spread w/ Granola Bites (2 items)		Delicious Mini Pancake Puffs (2 items)		WG Cinnamon Swirl (2 items)		Week II
	100% 4.23 oz Fruit Juice (1 item)		100% 4.23 oz Fruit Juice (1 item)		100% 4.23 oz Fruit Juice (1 item)		100% 4.23 oz Fruit Juice (1 item)		100% 4.23 oz Fruit Juice (1 item)		
	Choice Milk & Second Fruit (1 item each)		Choice Milk & Second Fruit (1 item each)		Choice Milk & Second Fruit (1 item each)		Choice Milk & Second Fruit (1 item each)		Choice Milk & Second Fruit (1 item each)		
<i>Chef's Choice may be offered</i>											

Monday, March 25, 2024		Tuesday, March 26, 2024		Wednesday, March 27, 2024		Thursday, March 28, 2024		Friday, March 29, 2024			
Breakfast	Low Sugar Whole Grain Cake Donut (2 items)		WG Chocolate Chip Muffin (2 items)		Apple Frudel (2 items)		Banana Breakfast Bread (2 items)		* Student Favorite* Low Sugar WG Honey Bun (2 items)		Week III
	100% 4.23 oz Fruit Juice (1 item)		100% 4.23 oz Fruit Juice (1 item)		100% 4.23 oz Fruit Juice (1 item)		100% 4.23 oz Fruit Juice (1 item)		100% 4.23 oz Fruit Juice (1 item)		
	Choice Milk & Second Fruit (1 item each)		Choice Milk & Second Fruit (1 item each)		Choice Milk & Second Fruit (1 item each)		Choice Milk & Second Fruit (1 item each)		Choice Milk & Second Fruit (1 item each)		
<i>Chef's Choice may be offered</i>											

*** Three items meet USDA Requirements (One item must be fruit) ***

Skim & 1% milk served daily.

All bread /bread products /chips /tortillas /pastas listed in the menu are whole grain products.

The menus are 100% pork-free.

All rice dishes /rice products are made of whole grain brown rice.

National School Breakfast Week - What, When & Why?

National School Breakfast Week was launched in 1989 to raise awareness of the availability of the School Breakfast Program, a federally assisted meal program operating in public and nonprofit private schools and residential childcare institutions since 1975. The occasion reminds families that healthy breakfast options available at school provide an energizing start to the day for students.

U.S. Department of Agriculture data show that more and more students are starting their day with a nutritious breakfast in their school cafeterias. The School Breakfast Program serves more than 14 million students every day.

April 2024 Menu (Subject to Change)

	Monday, April 1, 2024	Tuesday, April 2, 2024	Wednesday, April 3, 2024	Thursday, April 4, 2024	Friday, April 5, 2024	
Breakfast	WG Cinnamon Swirl (2 items)	Banana Muffin (2 items)	<i>* Student Favorite*</i> Low Sugar Whole Grain Apple Fritter Bun (2 items)	Delicious Mini Pancake Bites (2 items)	<i>* Student Favorite*</i> Low Sugar WG Chocolate Enrobed Donut (2 items)	Week IV
	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	
	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	
<i>Chef's Choice may be offered</i>						

	Monday, April 8, 2024	Tuesday, April 9, 2024	Wednesday, April 10, 2024	Thursday, April 11, 2024	
Breakfast	Fruit Strudel (2 items)	Apple Cinnamon Muffin (2 items)	Strawberry Boli (2 items)	Low Sugar WG Cinnamon Roll (2 items)	Week V
	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	
	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	
<i>Chef's Choice may be offered</i>					