

MARCH 2018

MON TUE WED THUR FRI

Special Announcements

WSISD CAFÉ
Breakfast menu
Oatmeal or Omelet
w/toast or yogurt & fruit

A good breakfast fuels you up and gets you ready for the day

'YOU ART WHAT YOU EAT'
ART CONTEST
CREATE & ENTER!
STARTS MARCH 18!
squaremeals.org/artcontest



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



Good Eats at:

WSISD BREAKFAST

<p>Surf's Up Pancake and Sausage On a Stick Or Variety of Cereal & Wheat Toast Juice and Fruit Milk 5</p>	<p>Health Smart Whole Grain Mini Donuts Or Variety of Cereal & Wheat Toast Juice and Fruit Milk 6</p>	<p>Catch the Oatmeal Wave or Cinnamon Toast Or Variety of Cereal & Wheat Toast Juice and Fruit Milk 7</p>	<p>Sunshine Breakfast Burrito w/ Picante Sauce Or Variety of Cereal & Wheat Toast Juice and Fruit Milk 8</p>	<p>Waves of Wheat Cinnamon Roll or Egg Chorizo Jalapeno Wrap Or Variety of Cereal & Wheat Toast Juice and Fruit Milk 9</p>
HOLIDAY 12	HOLIDAY 13	HOLIDAY 14	HOLIDAY 15	HOLIDAY 16
<p>Pancakes Or Variety of Cereal & Wheat Toast Juice and Fruit Milk 19</p>	<p>Turkey Sausage w/ Biscuit Or Variety of Cereal & Wheat Toast Juice and Fruit Milk 20</p>	<p>Cinnamon Toast Or Variety of Cereal & Wheat Toast Juice and Fruit Milk 21</p>	<p>Ham & Egg Croissant Sandwich Or Variety of Cereal & Wheat Toast Juice and Fruit Milk 22</p>	<p>Wheat Cinnamon Roll or Egg Chorizo Jalapeno Wrap Or Variety of Cereal & Wheat Toast Juice and Fruit Milk 23</p>
<p>French Toast Sticks Or Variety of Cereal & Wheat Toast Juice and Fruit Milk 26</p>	<p>Breakfast Pizza Or Variety of Cereal & Wheat Toast Juice and Fruit Milk 27</p>	<p>Super Cereal Parfait Or Variety of Cereal & Wheat Toast Juice and Fruit 28</p>	<p>Scrambled Eggs & Toast Or Variety of Cereal & Wheat Toast Juice and Fruit Milk 29</p>	<p>Wheat Cinnamon Roll or Egg Chorizo Jalapeno Wrap Or Variety of Cereal & Wheat Toast Juice and Fruit Milk 30</p>

Scrambled Eggs & Toast
Or Variety of Cereal & Wheat Toast
Juice and Fruit
Milk **1**

Wheat Cinnamon Roll or Egg Chorizo Jalapeno Wrap
Or Variety of Cereal & Wheat Toast
Juice and Fruit
Milk **2**

SCHOOL BREAKFAST WEEK
MARCH 5-9
squaremeals.org/sbw

WSISD Offers Fresh Fruits Daily!
Some examples are:
-strawberries, pineapple, apples, oranges, plums, peaches, melons, and bananas

All our vegetables are fresh or from frozen and include:
-tomatoes, celery, carrots, broccoli, cauliflower, cucumber, cabbage, spinach, romaine lettuce, mushrooms, radishes