

# St Christopher Breakfast Menu March 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 Banana Bread Fresh Fruit Juice cup Upstate 1 % Milk Upstate Fat Free Milk	3 Powdered Sugar Mini Donuts Fresh Fruit Juice cup Upstate 1 % Milk Upstate Fat Free Milk	4 Cereal,Variety Fresh Fruit Juice cup Upstate 1 % Milk Upstate Fat Free Milk	5 Chocolate Chip Muffins Fresh Fruit Juice cup Upstate 1 % Milk Upstate Fat Free Milk	6 Bagel Fresh Fruit Juice cup Upstate 1 % Milk Upstate Fat Free Milk
9 Waffle Snaps Fresh Fruit Juice cup Upstate 1 % Milk Upstate Fat Free Milk	10 Pop Tarts - Strawberry Fresh Fruit Juice cup Upstate 1 % Milk Upstate Fat Free Milk	11 Cereal,Variety Fresh Fruit Juice cup Upstate 1 % Milk Upstate Fat Free Milk	12 Oatmeal Bar Strawberry Fresh Fruit Juice cup Upstate 1 % Milk Upstate Fat Free Milk	13 TEACHER IN-SERVICE DAY <b>NO SCHOOL!</b> 
16 Lemon Bread Fresh Fruit Juice cup Upstate 1 % Milk Upstate Fat Free Milk	17 Yogurt Fresh Fruit Juice cup Graham Crackers Upstate 1 % Milk Upstate Fat Free Milk	18 Cereal,Variety Fresh Fruit Juice cup Upstate 1 % Milk Upstate Fat Free Milk	19 Chocolate Chip Muffin Top Fresh Fruit Juice cup Upstate 1 % Milk Upstate Fat Free Milk	20 Pop Tarts - Cinnamon Fresh Fruit Juice cup Upstate 1 % Milk Upstate Fat Free Milk
23 Cereal Bar Fresh Fruit Juice cup Upstate 1 % Milk Upstate Fat Free Milk	24 Blueberry Lemon Bites Fresh Fruit Juice cup Upstate 1 % Milk Upstate Fat Free Milk	25 Cocoa Bread Fresh Fruit Juice cup Upstate 1 % Milk Upstate Fat Free Milk	26 Pop Tarts - Fudge Fresh Fruit Juice cup Upstate 1 % Milk Upstate Fat Free Milk	27 Cinnamon Roll Fresh Fruit Juice cup Upstate 1 % Milk Upstate Fat Free Milk
30 Snackn Waffles Fresh Fruit Juice cup Upstate 1 % Milk Upstate Fat Free Milk	31 Chocolate Mini Donuts Fresh Fruit Juice cup Upstate 1 % Milk Upstate Fat Free Milk	<p><b>This institution is an equal opportunity provider. Menu is subject to change.</b></p> <p><small>PLEASE NOTE: The nutrition information provided in this analysis should not be used for people with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. In planning and treating allergies and medical conditions, please contact the district regarding their individual policy for accommodating special dietary needs.</small></p>		



WHAT IS IN A BREAKFAST???

5 Components -Grains, Meat/Meat Alternate, Vegetables, Fruits, and Milk.

Students MUST take 3 full components including 1/2 cup fruit.