

# Menus for March 2019

Lone Oak ISD Middle/High School Breakfast

Friday, March 1

**Breakfast Pizza**  
Or  
**Oatmeal**

Served Daily  
Assorted Muffins  
Assorted Cereal  
Assorted Juice  
Fresh Fruit  
1 % White Milk  
FF Chocolate Milk  
FF Strawberry Milk

March 4-8 National School Breakfast Week!

Monday, March 4

**Blueberry Pancakes**  
**Yogurt**



Tuesday, March 5

**Yogurt Donut**  
Or  
**Oatmeal**



Wednesday, March 6

**Yogurt Banana Splits**



Thursday, March 7

**Sausage, Egg and Cheese English Muffin**



Friday, March 8

**Breakfast Pizza**  
Or  
**Oatmeal**



Monday, March 11

**Cinnamon French Toast Sticks**  
**Yogurt**  
**Syrup**

Tuesday, March 12

**Yogurt Pillsbury Mini Cinni**  
Or  
**Oatmeal**

Wednesday, March 13

**Biscuits**  
**Sausage Gravy**  
**Jelly**

Thursday, March 14

**Egg Stravaganza**  
**Bacon Egg Cheese w/ Tortilla**  
**Salsa**

Friday, March 15

**Breakfast Pizza**  
Or  
**Oatmeal**

Monday, March 18

Did you wake up to school breakfast this morning? Do you know that breakfast can help you in school? Breakfast is brain fuel!

Tuesday, March 19

Breakfast is the most important meal of the day because it...

Wednesday, March 20

- Strengthens the brain
- Helps establish healthy eating habits

Thursday, March 21

- Offers an opportunity to try new foods
- Improves mood and behavior

Friday, March 22

- Gives you energy
- Keeps you healthy.

**Spring Break**

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Monday, March 25

**Mini Pancakes**  
**Yogurt**  
**Syrup**

Tuesday, March 26

**Yogurt Cinnamon Roll**  
Or  
**Oatmeal**

Wednesday, March 27

**Sausage English Muffin**  
**Jelly**

Thursday, March 28

**Skillet Cheese Omelet w/Toast**

Friday, March 29

**Breakfast Pizza**  
Or  
**Oatmeal**

Menu subject to change due to availability.

Adult Breakfast- \$ 2.50 Paid Student \$ 1.75 Reduced Student \$ .30

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