



Breakfast Menu March, 2010
Dade High School

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken and Biscuit OR Cereal and Toast	2 Breakfast Burrito OR Cereal and Toast	3 French Toast Sticks OR Cereal and Toast	4 Biscuit and Gravy w/Eggs OR Cereal and Toast	5 Oatmeal and Toast OR Cereal and Toast
8 Muffin w/Cheese Stick OR Cereal and Toast	9 Biscuit and Gravy OR Cereal and Toast	10 Pancakes OR Cereal and Toast	11 Biscuit and Gravy OR Cereal and Toast	12 Oatmeal and Toast OR Cereal and Toast Sunday 2-14
15 Sausage and Biscuit OR Cereal and Toast	16 Breakfast Burrito OR Cereal and Toast	17 Pancakes OR Cereal and Toast 	18 Biscuit and Gravy w/Eggs OR Cereal and Toast	19 Oatmeal and Toast OR Cereal and Toast
22 Chicken and Biscuit OR Cereal and Toast	23 Biscuit and Gravy OR Cereal and Toast	24 Pancakes OR Cereal and Toast	25 Biscuit and Gravy OR Cereal and Toast	26 Ham and Eggs w/ Grits Cereal and Toast
29 Chicken and Biscuit OR Cereal and Toast	30 Biscuit and Gravy OR Cereal and Toast	31 Pancakes OR Cereal and Toast		Cost of Breakfast \$0.90

Dade County School Nutrition is an Equal Opportunity Provider

Choice of Milk Offer Daily

March is National Nutrition Month

The National Nutrition Month® (NNM) is a nutrition education campaign sponsored annually by the American Dietetic Association (ADA) and its Foundation.

It is appropriate and fitting that March is National Nutrition Month, since it is in between winter and spring. Winter holiday gatherings have past and have left many of us with cherished memories and frequently unwanted weight gain!

Healthy eating and routine exercise are needed all year round; but many of us need a friendly reminder to get ourselves back on track. Be kind to your body and reacquaint yourself with healthy eating habits and fitness. Replace your unhealthy habits with smart health choices for a healthier body

