

**EDINA SCHOOLS
MARCH BREAKFAST MENU**

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

¹
Blueberry
Muffin
Cheese Stick
Fresh Apples
Milk

²
Sunflower Butter
& Jelly
Sandwich
Fresh Oranges
Asst. Juice
Milk

³
Cheerios
Yogurt
Fresh Bananas
Asst. Juice
Milk

⁴
Hard Boiled Egg
Whole Wheat
Bread
Fresh Apples
Asst. Juice
Milk

⁵
Nutri-Grain Bar
Yogurt
Fresh Grapes
Grape Juice
Milk

NUTRIENT ANALYSIS- AVERAGE: Calories:542 Vitamin A: 1278IU Total Fat.10.6 G
% OF TARGET Calories: 98% Vitamin A: 132% Total Fat 17.6%

⁸
Cheerios
Yogurt
Fresh Apples
Asst. Juice
Milk

⁹
Apple Cinnamon
Muffin,
Cheese Stick
Fresh Bananas
Asst. Juice
Milk

¹⁰
Sunflower Butter
& Jelly
Sandwich
Fresh Oranges
Asst. Juice
Milk

¹¹
Sliced Cheese
Wheat Crackers
Cheese Stick
Pineapple
Asst. Juice
Milk

¹²
Blueberry
Muffin
Yogurt
Asst. Juice
Fresh Apples
Milk

NUTRIENT ANALYSIS- AVERAGE: Calories554 Vitamin A1048 IU Total Fat.12.5G
% OF TARGET Calories: 100% Vitamin A: 108% Total Fat 20.3%

¹⁵
Nutri-Grain Bar
Cheese Stick
Fresh Orange
Grape Juice
Milk

¹⁶
Blueberry
Muffin
Yogurt
Asst. Juice
Fresh Bananas
Milk

¹⁷
Sunflower Butter
& Jelly
Sandwich
Fresh Apples
Asst. Juice
Milk

¹⁸
Apple Cinnamon
Muffin,
Cheese Stick
Fresh Oranges
Asst. Juice
Milk

¹⁹
Hot Oatmeal
Craisins
Yogurt
Fresh Apple
Asst. Juice
Milk

NUTRIENT ANALYSIS- AVERAGE: Calories551 Vitamin A1364 IU Total Fat.9.4G
% OF TARGET Calories: 100% Vitamin A: 140% Total Fat 15.3%

²²
Blueberry
Muffin
Cheese Stick
Fresh Apples
Milk

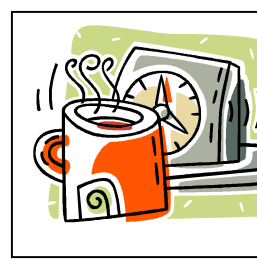
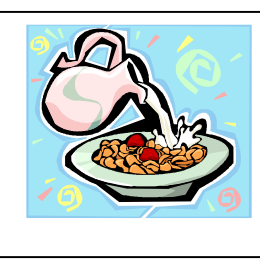
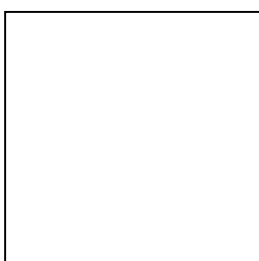
²³
Sunflower Butter
& Jelly
Sandwich
Fresh Orange
Asst. Juice
Milk

²⁴
Cheerios
Yogurt
Fresh Bananas
Asst. Juice
Milk

²⁵
Hard Boiled Egg
Whole Wheat
Bread
Fresh Apples
Asst. Juice
Milk

²⁶
Nutri-Grain Bar
Yogurt
Fresh Grapes
Grape Juice
Milk

NUTRIENT ANALYSIS- AVERAGE: Calories:542 Vitamin A: 1278IU Total Fat.17.6G
% OF TARGET Calories: 98% Vitamin A: 132% Total Fat 17.6%



Additional Nutritional
Information is on the
Edina School web site
under Food &
Nutrition.

**Breakfast
\$1.35**

