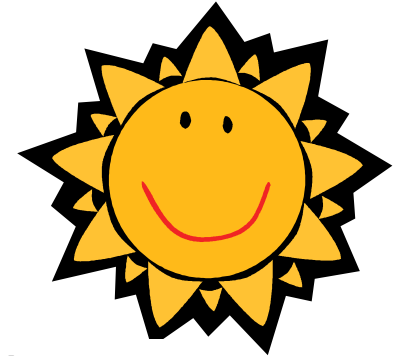




# Buckeye Union School District

## March Middle School Breakfast Menu

*All breakfast meals are served with Low Fat 1% White or Nonfat White milk.*



**Mondays**  
Benefit Bar  
Fruit

**Tuesdays**  
Bagel & Cream  
Cheese  
Fruit

**Wednesdays**  
Cinni Mini

**Thursdays**  
Cinnamon  
Crumble Bread

**Fridays**  
Lucky Charms  
w/Graham Bears

### **ARE YOUR CHILDREN EATING THEIR 5 A DAY?**

According to the USDA, poor nutrition, including eating too much fat and sugar, and not eating enough fruits and vegetables affects performance in school. Poor nutrition affects children's energy levels, ability to concentrate and ability to learn. Poor nutrition also leads to increased illness and absenteeism.