



TEAYS VALLEY HIGH SCHOOL MARCH 2019 BREAKFAST



CARLA BALLARD MANAGER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
25-Feb	26-Feb	27-Feb	28-Feb	1-Mar
CEREAL WG TOAST 100 % FRUIT JUICE FRUIT CUP MILK	DONUT CHEESE STICK 100 % FRUIT JUICE FRUIT CUP MILK	CEREAL WG TOAST 100 % FRUIT JUICE FRUIT CUP MILK	BACON,EGG,CHEESE BREADSTICK 100 % FRUIT JUICE FRUIT CUP MILK	CEREAL WG TOAST 100 % FRUIT JUICE FRUIT CUP MILK
4-Mar	5-Mar	6-Mar	7-Mar	8-Mar
CEREAL WG TOAST 100 % FRUIT JUICE FRUIT CUP MILK	SAUSAGE BISCUIT 100 % FRUIT JUICE FRUIT CUP MILK	CEREAL WG TOAST 100 % FRUIT JUICE FRUIT CUP MILK	DONUT CHEESE STICK 100 % FRUIT JUICE FRUIT CUP MILK	CEREAL WG TOAST 100 % FRUIT JUICE FRUIT CUP MILK
11-Mar	12-Mar	13-Mar	14-Mar	15-Mar
CEREAL WG TOAST 100 % FRUIT JUICE FRUIT CUP MILK	WG POPTART CHEESE STICK 100 % FRUIT JUICE FRUIT CUP MILK	CEREAL WG TOAST 100 % FRUIT JUICE FRUIT CUP MILK	SAUSAGE BISCUIT 100 % FRUIT JUICE FRUIT CUP MILK	CEREAL WG TOAST 100 % FRUIT JUICE FRUIT CUP MILK
18-Mar	19-Mar	20-Mar	21-Mar	22-Mar
 NO SCHOOL	 NO SCHOOL	 NO SCHOOL	 NO SCHOOL	 NO SCHOOL
25-Mar	26-Mar	27-Mar	28-Mar	29-Mar
CEREAL WG TOAST 100 % FRUIT JUICE FRUIT CUP MILK	DONUT CHEESE STICK 100 % FRUIT JUICE FRUIT CUP MILK	CEREAL WG TOAST 100 % FRUIT JUICE FRUIT CUP MILK	BACON,EGG,CHEESE BREADSTICK 100 % FRUIT JUICE FRUIT CUP MILK	CEREAL WG TOAST 100 % FRUIT JUICE FRUIT CUP MILK
STUDENT LUNCH \$3.00	REDUCED LUNCH.....40		EXTRA MILK.....50	ADULT \$4.00
STUDENT BREALFAS \$ 1.50	REDCED BREAKFAST \$.30			

Note: Menu Subject to Change Without Notice

NUTRITION NOTES:

EATING RIGHT AND BEING PHYSICALLY ACTIVE ARE NOT JUST "DIETS" OR "PROGRAMS"--THEY ARE KEYS TO A HEALTHY LIFESTYLE. WITH HEALTHFUL HABITS, YOU MAY REDUCE YOUR RISK OF MANY CHRONIC DISEASES SUCH AS HEART DISEASE, DIABETES, OSTEOPOROSIS, AND CERTAIN CANCERS, AND INCREASE YOUR CHANCES FOR A LONGER LIFE!



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