



# MARCH 2024

## Orchard Park CSD- Elementary



Monday	Tuesday	Wednesday	Thursday	Friday
<b>4</b> <b>Fresh Baked Muffin</b> <b>Tops Choc. Chip or Blueberry</b> ----- 100% Fruit Juice ½ Cup or prepared Fruit ½ Cup ----- Milk-8oz	<b>5</b> <b>Strawberry yogurt</b> <b>Parfait w/Goldfish Cracker</b> ----- 100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup ----- Milk-8 oz	<b>6</b> <b>Breakfast Pizza</b> <b>w/ Sausage, Egg&amp; cheese</b> ----- 100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup ----- Milk -8oz	<b>7</b> <b>Blueberry Yogurt Parfait</b> <b>w/Belly Bear Crackers</b> ----- 100% Fruit Juice ½ Cup or prepared Fruit ½ Cup ----- Milk-8oz	<b>1</b> Asst. Cereal Cup ----- 100% Fruit Juice ½ Cup Or Prepared Fruit ½ Cup ----- Milk -8oz
<b>11</b> <b>Cinni Mini</b> ----- 100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup ----- Milk-8oz	<b>12</b> <b>Apple Frudel</b> ----- 100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup ----- Milk-8oz	<b>13</b> <b>Mini Waffles</b> ----- 100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup ----- Milk -8oz	<b>14</b> <b>Asst. Cereal Cups</b> ----- 100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup ----- Milk -8oz	<b>8</b> <b>Superintendent's</b> <b>Conference Day</b>
<b>18</b> <b>Cinnamon Rolls</b> ----- 100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup ----- Milk-8oz	<b>19</b> <b>Muffin w/ 4 oz. Yogurt</b> ----- 100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup ----- Milk-8oz	<b>20</b> <b>Mini Filled bagel</b> ----- 100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup ----- Milk-8oz	<b>21</b> <b>Fresh Baked Muffin Top</b> ----- Choc. Chip or Blueberry ----- 100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup ----- Milk-8oz	<b>15</b> <b>Asst. Breakfast Sandwich</b> <b>w/sausage, egg &amp; chesses</b> ----- 100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup ----- Milk -8oz
<b>25</b> <b>Asst. Cereal Cups</b> ----- 100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup ----- Milk-8oz	<b>26</b> <b>Whole grain Donut</b> ----- 100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup ----- Milk-8oz	<b>27</b> <b>Muffin w/ 4 oz. Yogurt</b> ----- 100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup ----- Milk-8oz	<b>28</b> <b>Cinnamon Rolls</b> ----- 100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup ----- Milk-8oz	<b>29</b> <b>Spring Break</b>

# Personal Touch

## FOOD SERVICE



### Breakfast Options Daily

\*Daily Entrée-1 (2g) or

\*Cereal 1 oz- with WG Crackers(2G)

Offered with all Breakfasts

\*Whole Grain (WG) Entrees

\*Daily Selection or Fresh &

Prepared Fruit or 100% juice -1/2 cup servings  
may take 1 cup

\*NY State Non Fat Milk 8oz



### National School Breakfast Week 3/4-3/8/2024



Children who eat breakfast show an increased ability to learn, exhibit better academic performance and may have a decreased risk of being overweight

FSMC is responsible for meeting all requirements under the Final Rule Nutrition Standards in NSLP and NSBP. Including all specific component offerings for all fruits, vegetables, grains, meat/meat alternates and milk