



SMYER ISD BREAKFAST MENU

March
2023

Start your day with a healthy breakfast



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Donuts Choice of Cereal Graham Crackers Fruit or Juice Selection Chocolate Skim Milk	2 Breakfast Bowl Choice of Cereal Graham Crackers Fruit or Juice Selection 1% Milk Chocolate Skim Milk	3 Dutch Waffle Choice of Cereal Graham Crackers Fruit or Juice Selection 1% Milk Chocolate Skim Milk
6 Banana Choc Chip Muffin Choice of Cereal Graham Crackers Fruit or Juice Selection 1% Milk Chocolate Skim Milk	7 Breakfast Stacker Sandwich Choice of Cereal Graham Crackers Fruit or Juice Selection 1% Milk Chocolate Skim Milk	8 Pancake on a Stick Choice of Cereal Graham Crackers Fruit or Juice Selection Chocolate Skim Milk 1% Milk	9 Blueberry Breakfast Bark Choice of Cereal Graham Crackers Fruit or Juice Selection 1% Milk Chocolate Skim Milk	10 Breakfast Burrito Choice of Cereal Graham Crackers Fruit or Juice Selection 1% Milk Chocolate Skim Milk
13 Spring Break	14 Spring Break	15 Spring Break	16 Spring Break	17
20 Pancakes Sausage Patty Choice of Cereal Graham Crackers Fruit or Juice Selection 1% Milk Chocolate Skim Milk	21 Breakfast Sandwich Choice of Cereal Graham Crackers Fresh Fruit Bar Fruit or Juice Selection 1% Milk Chocolate Skim Milk	22 Sausage Breakfast Pizza Choice of Cereal Graham Crackers Fresh Fruit Bar 1% Milk Fruit or Juice Selection	23 Cinnamon Roll Choice of Cereal Graham Crackers Fresh Fruit Bar Fruit or Juice Selection 1% Milk Chocolate Skim Milk	24 Breakfast Banana Split Yogurt Parfait Choice of Cereal Graham Crackers Fruit or Juice Selection 1% Milk Chocolate Skim Milk
27 Strawberry Cream Cheese Filled Bagel Choice of Cereal Graham Crackers Fruit or Juice Selection 1% Milk Chocolate Skim Milk	28 Choice of Muffin Cheese Stick Choice of Cereal Graham Crackers Fresh Fruit Bar Fruit or Juice Selection 1% Milk Chocolate Skim Milk	29 Donuts Choice of Cereal Graham Crackers Fruit or Juice Selection 1% Milk Chocolate Skim Milk	30 Breakfast Bowl Choice of Cereal Fun with D&J Crackers Vegetable Selection Fruit or Juice Selection 1% Milk	31 Mini Eggo Waffles Choice of Cereal Fun with D&J Crackers Vegetable Selection Fruit or Juice Selection 1% Milk

PRICES

Students FREE
Adult Breakfast \$2.75

EXTRA INFO

For questions, please contact Food Service
Director Rosy Rivera
rosa.rivera@smyer-isd.com
*Choice of Milk: 1% White or Chocolate

HARVEST OF THE MONTH

Your **MENUS** plus more information on our app
Taher Food4Life®

www.taher.com