

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Spring Break</p>	<p>3</p> <p>Manager's Choice</p>	<p>4</p> <p>Manager's Choice</p>	<p>5</p> <p>Chicken Biscuit May take one item listed below with toast: Cereal, Pop Tart, or String Cheese Must take fruit or fruit juice, but may take both. May take milk.</p>	<p>6</p> <p>Glazed Donut May take one item listed below with toast: Cereal, Pop Tart, or String Cheese Must take fruit or fruit juice, but may take both. May take milk.</p>
<p>9</p> <p>Sausage Biscuit May take one item listed below with toast: Cereal, Pop Tart, or String Cheese Must take fruit or fruit juice, but may take both. May take milk.</p>	<p>10</p> <p>Apple Pie Pocket Breakfast Pizza May take one item listed below with toast: Cereal, Pop Tart, or String Cheese Must take fruit or fruit juice, but may take both. May take milk.</p>	<p>11</p> <p>Dutch Waffle Scrambled Eggs with Toast May take one item listed below with toast: Cereal, Pop Tart, or String Cheese Must take fruit or fruit juice, but may take both. May take milk.</p>	<p>12</p> <p>Pancake on a Stick May take one item listed below with toast: Cereal, Pop Tart, or String Cheese Must take fruit or fruit juice, but may take both. May take milk.</p>	<p>13</p> <p>Strawberry Cream Cheese Bagel WG Biscuit with Gravy May take one item listed below with toast: Cereal, Pop Tart, or String Cheese Must take fruit or fruit juice, but may take both. May take milk.</p>
<p>16</p> <p>Blueberry Mini Waffle Ham Biscuit May take one item listed below with toast: Cereal, Pop Tart, or String Cheese Must take fruit or fruit juice, but may take both. May take milk.</p>	<p>17</p> <p>Chicken Biscuit May take one item listed below with toast: Cereal, Pop Tart, or String Cheese Must take fruit or fruit juice, but may take both. May take milk.</p>	<p>18</p> <p>Chocolate Chip Muffin WG Biscuit with Gravy May take one item listed below with toast: Cereal, Pop Tart, or String Cheese Must take fruit or fruit juice, but may take both. May take milk.</p>	<p>19</p> <p>Cinnamon Cream Cheese Bagel Breakfast Pizza May take one item listed below with toast: Cereal, Pop Tart, or String Cheese Must take fruit or fruit juice, but may take both. May take milk.</p>	<p>20</p> <p>Mini French Toast French Toast Sticks with Syrup May take one item listed below with toast: Cereal, Pop Tart, or String Cheese Must take fruit or fruit juice, but may take both. May take milk.</p>
<p>23</p> <p>Dutch Waffle May take one item listed below with toast: Cereal, Pop Tart, or String Cheese Must take fruit or fruit juice, but may take both. May take milk.</p>	<p>24</p> <p>Mini Cinnis Scrambled Eggs with Toast May take one item listed below with toast: Cereal, Pop Tart, or String Cheese Must take fruit or fruit juice, but may take both. May take milk.</p>	<p>25</p> <p>Glazed Donut Ham Biscuit May take one item listed below with toast: Cereal, Pop Tart, or String Cheese Must take fruit or fruit juice, but may take both. May take milk.</p>	<p>26</p> <p>Sausage Biscuit May take one item listed below with toast: Cereal, Pop Tart, or String Cheese Must take fruit or fruit juice, but may take both. May take milk.</p>	<p>27</p> <p>Blueberry Muffin May take one item listed below with toast: Cereal, Pop Tart, or String Cheese Must take fruit or fruit juice, but may take both. May take milk.</p>
<p>30</p> <p>Chicken Biscuit May take one item listed below with toast: Cereal, Pop Tart, or String Cheese Must take fruit or fruit juice, but may take both. May take milk.</p>	<p>Grab & Go Carts in all schools. Cart choice: First item listed on menu/Juice OR 2 oz. Cereal/Juice Also may take fresh fruit and/ or milk. Dietary Information available: www.patrick.k12.va.us Division Information- Departments- Food Service</p>			



Eat more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products. These foods have the nutrients you need for health—including potassium, calcium, vitamin D, and fiber. Make them the basis for meals and snacks.