



NYS Apples
NYS Potatoes



MARCH 2024

Panama

K-12



Monday	Tuesday	Wednesday	Thursday	Friday
<div>National School Breakfast Week March 4th Thru March 8th</div>				
<div>4</div> <div>Blueberry or Chocolate Chip Muffin Top</div> <div>-----</div> <div>100% Fruit Juice ½ Cup or prepared Fruit ½ Cup</div> <div>-----</div> <div>Milk-8oz</div>	<div>5</div> <div>Strawberry Yogurt Parfait w/ Goldfish Cracker</div> <div>-----</div> <div>100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup</div> <div>-----</div> <div>ilk-8 oz</div>	<div>6</div> <div>Breakfast Pizza w/(Sausage, Egg and Cheese)</div> <div>-----</div> <div>100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup</div> <div>-----</div> <div>Milk -8oz</div>	<div>7</div> <div>Blueberry Yogurt Parfait w/ Belly Bear Crackers</div> <div>-----</div> <div>100% Fruit Juice ½ Cup or prepared Fruit ½ Cup</div> <div>-----</div> <div>Milk-8oz</div>	<div>1</div> <div>Cinnamon Roll</div> <div>-----</div> <div>100% fruit Juice ½ Cup Or Prepared Fruit ½ Cup</div> <div>-----</div> <div>Milk -8oz</div>
<div>11</div> <div>Donut Holes</div> <div>-----</div> <div>100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup</div> <div>-----</div> <div>Milk-8oz</div>	<div>12</div> <div>Chocolate Chip Muffin w/ Toast</div> <div>-----</div> <div>100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup</div> <div>-----</div> <div>Milk-8oz</div>	<div>13</div> <div>Cereal Bar w/ Toast</div> <div>-----</div> <div>100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup</div> <div>-----</div> <div>Milk -8oz</div>	<div>14</div> <div>Maple Flatbread Sandwich</div> <div>-----</div> <div>100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup</div> <div>-----</div> <div>Milk -8oz</div>	<div>8</div> <div>Croissant Breakfast Sandwich w/ Egg & Cheese</div> <div>-----</div> <div>100% Fruit Juice ½ Cup or prepared Fruit ½ Cup</div> <div>-----</div> <div>Milk-8oz</div>
<div>18</div> <div>Cereal Bar w/ Toast</div> <div>-----</div> <div>100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup</div> <div>-----</div> <div>Milk-8oz</div>	<div>19</div> <div>Pop Tart w/ Toast</div> <div>-----</div> <div>100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup</div> <div>-----</div> <div>Milk-8oz</div>	<div>20</div> <div>Maple Flatbread Sandwich</div> <div>-----</div> <div>100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup</div> <div>-----</div> <div>Milk-8oz</div>	<div>21</div> <div>Powdered Donut</div> <div>-----</div> <div>100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup</div> <div>-----</div> <div>Milk-8oz</div>	<div>22</div> <div>Cinnamon Roll</div> <div>-----</div> <div>100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup</div> <div>-----</div> <div>Milk-8oz</div>
<div>25</div> <div>Pop Tart w/ Toast</div> <div>-----</div> <div>100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup</div> <div>-----</div> <div>Milk-8oz</div>	<div>26</div> <div>Maple Flatbread Sandwich</div> <div>-----</div> <div>100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup</div> <div>-----</div> <div>Milk-8oz</div>	<div>27</div> <div>Pancake Bites</div> <div>-----</div> <div>100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup</div> <div>-----</div> <div>Milk-8oz</div>	<div>28</div> <div>Fruit Muffin w/ Toast</div> <div>-----</div> <div>100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup</div> <div>-----</div> <div>Milk-8oz</div>	<div>29</div> <div>Enjoy Your SPRING BREAK</div> <div>Mar 29 Thru April 8</div>



Breakfast Options Daily

***Daily Entrée-1 (2g) or**

***Cereal**

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**



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

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