

# MARCH 2018 – Breakfast Menu



Mon	Tue	Wed	Thu	Fri
Pancake on a stick  Apple Fruit juice Milk	French toast sticks Fruit Fruit juice Milk	Breakfast Sandwich  Fresh Fruit Milk	Homemade Breakfast Pizza  Fresh Fruit Milk	Bagel with cream cheese Applesauce Fruit juice Milk



### Breakfast Prices:

- Free - no charge
- Reduced - \$ .25
- Paid - \$ 1.55



### Milk choices:

- MAM: Choice of white low fat or skim milk
- JCB & EJD: choice of skim milk or low fat white



### Offered Daily As Breakfast Option:

- Cereal
- Cinnamon Roll
- Donut
- Pop Tart
- Fruit
- Fruit juice
- Milk



Assorted a la carte items offered daily

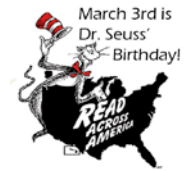
### Green Shake



Serves 2 (1 cup each)

In a blender combine:  
1 cup spinach  
1/2 cup vanilla yogurt  
1/2 cup frozen pineapple  
Splash of milk

Blend until smooth!  
Serve!



March 3rd is Dr. Seuss' Birthday!

Celebrate by reading a book!



The efficient, simple, and free online meal payment app is here and ready to view on all handheld devices. This on-the-go tool helps parents add money to their students meal account, view meal purchases, and receive low balance alerts from any device they choose.

Also on Twitter @PattyBPCSDCafe

VISIT OUR Phoenix Firebird Café webpages for helpful nutritional information, resources, recipes & helpful links:

[www.phoenixcsd.org](http://www.phoenixcsd.org)

**Menu subject to change**

PCSD is an equal opportunity provider & employer

**REMINDER - APPLICATIONS FOR 2017-18 FREE OR REDUCED BREAKFAST AND LUNCH ARE AVAILABLE!!** Applications are good for 1 school year. You must complete a new application EVERY year. Applications can be completed any time after August 1<sup>st</sup>. Get one from: website, main offices, Food Service Office & NEW district calendar. Please complete it & bring/mail it to the **Food Service Office** so that there is no disruption of service. We have a 24 hr. drop box on the outside of our building, right next to our door.

Haven't applied before? Fill out an application & find out if you can save money on school meals.

Applying is quick and confidential. \* PARENTS ARE RESPONSIBLE FOR THE COST OF STUDENT MEALS UNTIL THE APPLICATION IS ENTERED INTO THE SYSTEM. \*