



## Westport Middle Schools Breakfast MARCH 2017

Monday	Tuesday	Wednesday	Thursday	Friday
Alternate options available daily for ala carte Breakfast: Cereal Cups, Mozzarella Cheesesticks, Muffins, Bagels, Fruit & Yogurt Parfaits, Fresh Fruit Cups & Breakfast Bars				
		1	2	3
		Assorted Cereal Cup w/Fresh Fruit, Milk & Cheese stick	Assorted Muffin with Fresh Fruit and Yogurt Cup	Assorted Bagel w/ Cream Cheese and Fresh Fruit
6	7	8	9	10
Yogurt Parfait with Fruit, Cereal & Graham Crackers	Assorted Cereal with Fresh Fruit, Milk & Cheese stick	Assorted Muffin with Fresh Fruit and Yogurt Cup	Assorted Bagel w/ Cream Cheese and Fresh Fruit	Yogurt Parfait with Fruit, Cereal & Graham Crackers
13	14	15	16	17
Assorted Bagel w/ Cream Cheese  and Fresh Fruit	Assorted Muffin with Fresh Fruit  and Yogurt Cup	Assorted Bagel w/ Cream Cheese  and Fresh Fruit	Yogurt Parfait with Fruit, Cereal  & Graham Crackers	Assorted Cereal w/ Fresh Fruit, Milk  & Cheesestick
20	21	22	23	24
Assorted Muffin with Fresh Fruit and Yogurt Cup	Assorted Bagel w/ Cream Cheese and Fresh Fruit	Yogurt Parfait with Fruit, Cereal & Graham Crackers	Assorted Cereal w/ Fresh Fruit, Milk & Cheesestick	Assorted Bagel w/ Cream Cheese and Fresh Fruit
27	28	29	30	31
Yogurt Parfait  with Fruit, Cereal & Graham Crackers	Assorted Muffin  with Fresh Fruit and Yogurt Cup	Assorted Cereal  w/ Fresh Fruit, Milk & Cheesestick	Assorted Muffin  with Fresh Fruit and Yogurt Cup	Assorted Bagel w/  Cream Cheese and Fresh Fruit

### MONTHLY FOOD FOCUS: Cruciferous Vegetables

March's Food Focus is Cruciferous Vegetables. Cruciferous vegetables are rich in fiber, vitamins, minerals and phytochemicals. Cruciferous vegetables are vegetables of the family Brassicaceae and include Brussels sprouts, kale, broccoli, cauliflower, cabbage, and bok choy.

### Have Questions?

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