



# Welcome to our Breakfast Cafe

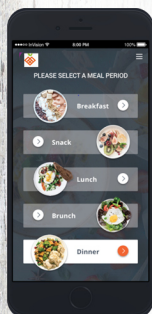
## Hamden Elementary Schools

**March**  
**2021**

The USDA has approved FREE breakfast and lunch for all students for schools on the NSLP/SBP for the 2020-2021 school year. Meals are approved to be served for in person and virtual learners. Please inquire with your schools district office to see if your school is participating.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Reduced Sugar Frosted Flakes Graham Crackers 100% Orange Juice Blend	2 Apple Cinnamon Muffin Fresh Apple	3 Cheerios Cereal Graham Crackers Diced Pear Cup	4 Reduced Sugar Trix Graham Crackers Sliced Peaches	5 WG Chocolate Chip Muffin Fresh Orange	6 Red. Sugar Cinnamon Toast Crunch Cereal Apple Grape 100% Juice Fresh Orange	7 WG Blueberry Muffin Applesauce
8 Red. Sugar Froot Loops Cereal 100% Orange Juice Blend Graham Crackers	9 Reduced Sugar Trix Diced Pear Cup Graham Crackers	10 Apple Cinnamon Muffin 100% Juice Fruit Punch	11 Cheerios Cereal Pineapple Cup Graham Crackers	12 Apple Grape 100% Juice Cocoa Puffs Cereal Bar Graham Crackers	13 Reduced Sugar Trix 100% Orange Juice Blend Graham Crackers	14 WG Blueberry Muffin Raisins
15 Fruity Cheerios Cereal Fresh Apple Graham Crackers	16 WG Chocolate Chip Muffin Fresh Orange	17 Cinnamon Toast Crunch Cereal Bar Sliced Peaches Graham Crackers	18 Red. Sugar Cocoa Puffs Cereal Fresh Orange Graham Crackers	19 Rice Krispies Cereal Sliced Peaches 100% Apple Juice	20 Red. Sugar Froot Loops Cereal Sliced Peaches Apple Grape 100% Juice	21 WG Banana Muffin 100% Juice Fruit Punch
22 Cheerios Cereal Fresh Apple Graham Crackers	23 WG Banana Muffin Diced Pear Cup Applesauce	24 Reduced Sugar Trix Sliced Peaches Graham Crackers	25 WG Blueberry Muffin Fresh Apple	26 WG Chocolate Chip Muffin 100% Orange Juice Blend	27 Reduced Sugar Frosted Flakes Graham Crackers Raisins	28 Apple Cinnamon Cheerios Cereal Graham Crackers Fresh Apple
29 WG Blueberry Muffin Fresh Orange	30 Red. Sugar Cocoa Puffs Cereal Fresh Apple Graham Crackers	31 Cocoa Puffs Cereal Bar Graham Crackers Sliced Peaches				

**FUEL YOUR DAY  
THE RIGHT WAY.  
EAT A HEALTHY  
BREAKFAST!**



We are Simply Rooted® in food and family and our menus are nutritious and flavorful. Check out our mobile menu at [www.FDMealPlanner.com](http://www.FDMealPlanner.com) or download FD MealPlanner free of charge, from the App Store or Google Play, and view your menu on your mobile device anywhere.

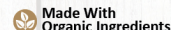
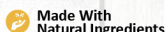


### Breakfast Price

Breakfast is available at NO CHARGE to any children until the end of the school year.

### Available Daily

Alternate choices of Fruits Including Fresh Apples, Oranges, 100% Fruit Juice, Canned Peaches, Pears and Pineapple Tidbits.  
Choice of Milk includes 1% White Milk or Fat Free Chocolate Milk  
Menus subject to availability of product



\*Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. Menu is subject to change, notice posted when available. This institution is an equal opportunity provider.