

# NATIONAL SCHOOL BREAKFAST WEEK

MARCH 4-8, 2019

Show us how you celebrate National School Breakfast Week using the hashtag **#NSBW19**

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# REV UP EXCITEMENT WITH THESE GREAT BREAKFAST IDEAS!

|   | MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  |
|---|---|--|---|--|---|
|   | <b>MARCH 4</b><br><b>MAGICAL MONDAY</b><br><b>Encourage</b> students to dress-up like unicorns to celebrate Lucky Charms™ <b>NEW</b> unicorn charm, and set fun table tents on your tables for the exciting week ahead. | <b>MARCH 5</b><br><b>BISCUIT BONANZA</b><br><b>Create</b> a limited-time-offer Biscuit Bowl named after your school mascot. <b>Bonus:</b> Invite your mascot to the lunchroom to serve their bowl! | <b>MARCH 6</b><br><b>CINNI CELEBRATION</b><br><b>Hang up</b> #NSBW19 posters and use them as backdrops for student photos to share on your Facebook page. | <b>MARCH 7</b><br><b>NATIONAL CEREAL DAY</b><br>One of the most exciting days of the year! <b>Celebrate</b> with fun music in your lunchroom. <b>Bonus:</b> Surprise students by writing encouraging notes on cereal cups and unpeeled bananas with food-safe ink. | <b>MARCH 8</b><br><b>MEATLESS FRIDAY</b><br><b>Post</b> a #NSBW19 recap on your Facebook page with your favorite photos from each day and encourage your students to share theirs, too. |
| BREAKFAST IDEAS   | <b>TOP O' THE MORNING</b><br>+ Strawberries, Pears  | <b>APPLE DELIGHT</b><br>+ Red grapes, Apples<br>Apple Pull-Aparts  | <b>ROLL WITH IT</b><br>+ Peaches, Apple juice   | <b>CARAMEL CRUNCH</b><br>+  + Melon slices, Fruit punch  | <b>BERRY GRAHAM SWIRL</b><br>+  + Orange juice  |
| Each breakfast meal meets <b>2 G, 1 F</b>                           |   |  |   |  |   |
| BREAKFAST-FOR-LUNCH IDEAS   | <b>RAD RAINBOW</b><br>+ Warm breadstick, Skim milk  | <b>BISCUIT BOWL BLITZ</b><br>Pillsbury™ Whole-Grain Rich Biscuit, cheesy scrambled eggs, sausage & Potatoes O'Brien<br>+ Grapes, Skim milk, Orange juice   | <b>CINNA-CHILI SPICE</b><br>+ Peaches, Cheese stick, Apple juice, Skim milk<br>Chili with Pillsbury™ Cinnamon Roll  | <b>COZY CRUNCH LUNCH</b><br>+  S'mores YoGo Cooler*, Tomato Soup, Apples   | <b>ALOHA FRIDAY</b><br>+ Entrée salad, Orange juice   |
| Each breakfast-for-lunch meal meets <b>2 G, 2 MA, 1 F, 1 V, 1 M</b> |   |  |   |  |   |

## KEY

G = Ounce Equivalent Grain  
 M = Cup Fluid Milk  
 F = Cup Fruit  
 V = Cup Vegetable  
 MA = Meat Alternative

Find more K-12 breakfast inspiration at [generalmillscf.com/k12](http://generalmillscf.com/k12)

\*Optional to have 1 meat alternate (from 4 oz yogurt) in place of grains after one ounce equivalent grain has been offered.

