

JULY 2024

BREAKFAST



Marshfield High School



July is National Blueberry Month! Top off a bowl of cereal with some berries or mix fresh fruit with plain fat-free or low-fat yogurt.



MONDAY

Whole Grain Cereal **1**
Fruit Cup
Milk

TUESDAY

Whole Grain Muffin **2**
w/ String Cheese
Apple Slices
Milk

WEDNESDAY

Breakfast Frudel **3**
100% Fruit Juice
Milk

THURSDAY

**No School –
Happy 4th of July!** **4**

FRIDAY

Whole Grain Cereal **5**
Fruit Cup
Milk

Whole Grain Cereal **8**
Fruit Cup
Milk

Whole Grain Muffin **9**
w/ String Cheese
Apple Slices
Milk

Mini Bagels **10**
100% Fruit Juice
Milk

Oatmeal Round **11**
Applesauce
Milk

Breakfast Pizza **12**
100% Fruit Juice
Milk

Whole Grain Cereal **15**
Fruit Cup
Milk

Whole Grain Muffin **16**
w/ String Cheese
Apple Slices
Milk

Breakfast Frudel **17**
100% Fruit Juice
Milk

Oatmeal Round **18**
Applesauce
Milk

Breakfast Pizza **19**
100% Fruit Juice
Milk

Whole Grain Cereal **22**
Fruit Cup
Milk

Whole Grain Muffin **23**
w/ String Cheese
Apple Slices
Milk

Mini Bagels **24**
100% Fruit Juice
Milk

Oatmeal Round **25**
Applesauce
Milk

Breakfast Pizza **26**
100% Fruit Juice
Milk

National Lasagna Day **29**

30

National Avocado Day **31**

