

JULY 2023

Marshfield School District

BREAKFAST



Grant Elementary:
425 West Upham Street



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
Fruit Cup
1% Milk

3

TUESDAY

**No School – Happy
4th of July!**

4

WEDNESDAY

Yogurt with
Cinnamon Crackers
Fruit Cup
1% Milk

5

THURSDAY

Oatmeal Bar
String Cheese
Applesauce
1% Milk

6

FRIDAY

Mini Bagels
100% Fruit Juice
1% Milk

7

Whole Grain Cereal
Fruit Cup
1% Milk

10

Nutri Grain Bar
100% Fruit Juice
1% Milk

11

Yogurt with
Cinnamon Crackers
Fruit Cup
1% Milk

12

Oatmeal Bar
String Cheese
Applesauce
1% Milk

13

Soft Filled Cereal Bar
100% Fruit Juice
1% Milk

14

Whole Grain Cereal
Fruit Cup
1% Milk

17

Cereal Bar
100% Fruit Juice
1% Milk

18

Yogurt with
Cinnamon Crackers
Fruit Cup
1% Milk

19

Oatmeal Bar
String Cheese
Applesauce
1% Milk

20

Mini Bagels
100% Fruit Juice
1% Milk

21

24

25

26

27

28

31

