

plant power!

March 2025

Ames VPA Elementary (PK-5)
Pre-K Breakfast

MONDAY

3

Breakfast

- Whole Grain French Toast Sticks
- Turkey Sausage Patty
- Low Fat Mozzarella String Cheese
- Blueberries
- Apple Juice
- Fruit Punch
- Orange Pineapple Juice
- 1% Low-fat Milk

TUESDAY

4

Breakfast

- Sausage, Cheese & Biscuit Sandwich
- Cinnamon Diced Pears
- 1% Low-fat Milk

WEDNESDAY

5

Breakfast

- Whole Grain Waffles
- Blueberry Topping
- Low Fat Mozzarella String Cheese
- Fresh Red Delicious Apple
- Apple Juice
- Fruit Punch
- Orange Pineapple Juice
- 1% Low-fat Milk

THURSDAY

6

Breakfast

- Cheerios
- Cinnamon Diced Pears
- 1% Low-fat Milk

FRIDAY

7



School

No

10

Breakfast

- WG Banana Muffin
- Low Fat Mozzarella String Cheese
- Honeydew Cubes
- Apple Juice
- Fruit Punch
- Orange Pineapple Juice
- 1% Low-fat Milk

11

Breakfast

- Cinnamon Toast Crunch
- Pineapple Tidbits
- Apple Juice
- Fruit Punch
- Orange Pineapple Juice
- 1% Low-fat Milk

12

Breakfast

- Breakfast Banana Split
- Low Fat Mozzarella String Cheese
- Fresh Orange
- Apple Juice
- Fruit Punch
- Orange Pineapple Juice
- 1% Low-fat Milk

13

Breakfast

- Frosted Corn Flakes
- Pineapple Tidbits
- Apple Juice
- Fruit Punch
- Orange Pineapple Juice
- 1% Low-fat Milk

14



School

No

17



School

No

18



School

No

19



School

No

20



School

No

21



School

No

24

Breakfast

- Breakfast Turkey Sausage Pizza
- Low Fat Mozzarella String Cheese
- Fresh Orange Wedges
- Apple Juice
- Fruit Punch
- Orange Pineapple Juice
- 1% Low-fat Milk

25

Breakfast

- WG Banana Muffin
- Low Fat Mozzarella String Cheese
- Fresh Red Seedless Grapes
- Apple Juice
- Fruit Punch
- Orange Pineapple Juice
- 1% Low-fat Milk

26

Breakfast

- Honey Butter Chicken Biscuit
- Low Fat Mozzarella String Cheese
- Fresh Granny Smith Apple
- Apple Juice
- Fruit Punch
- Orange Pineapple Juice
- 1% Low-fat Milk

27

Breakfast

- Mini Confetti Pancakes
- Low Fat Mozzarella String Cheese
- Fresh Red Seedless Grapes
- Apple Juice
- Fruit Punch
- Orange Pineapple Juice
- 1% Low-fat Milk

28

Breakfast

- Fresh Baked Whole Grain Biscuit
- Low Fat Mozzarella String Cheese
- Fresh Granny Smith Apple
- Apple Juice
- Fruit Punch
- Orange Pineapple Juice
- 1% Low-fat Milk

31

Breakfast

- Whole Grain French Toast Sticks
- Turkey Sausage Patty
- Low Fat Mozzarella String Cheese
- Blueberries
- Apple Juice
- Fruit Punch
- Orange Pineapple Juice
- 1% Low-fat Milk

3/3-3/6 National School Breakfast Week

If you have a food allergy, please notify us. Ask your cafeteria manager if changes were made to today's menu so we can help keep you safe!

Adult Meal Prices Adult Breakfast: \$2.84, Adult Lunch: \$5.29

Menus Subject to Change We try our best to serve our menus as posted; however, sometimes last minute changes occur. Please check with the cafe manager prior to the meal if you have any concerns.

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