

MARCH 2025

NOOR INTERNATIONAL ACADEMY K-6th

BREAKFAST



School Information:

All Meats meet USDA guidelines for a healthy school breakfast!
All Students must have a serving of fresh fruit for breakfast.
All grains served are whole grain rich.



Nutritional Tip:

Practice Stealth Health-Sneak Veggies into your favorite foods.
Go light on the meat & top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and/or artichoke hearts.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3

Coco Puffs Cereal
One Cup Serving Fresh Fruits
Unflavored Low-Fat/
Fat Free Milk

4

Corn Bread
One Cup Serving Fresh Fruits
Unflavored Low-Fat/
Fat Free Milk

5

Nutri-Grain Bar W/Crackers
One Cup Serving Fresh Fruits
Unflavored Low-Fat/
Fat Free Milk

6

Benefits Oatmeal Bar
One Cup Serving Fresh Fruits
Unflavored Low-Fat/
Fat Free Milk

7

Zee Zee Breakfast Bar
One Cup Serving Fresh Fruits
Unflavored Low-Fat/
Fat Free Milk

10

Oatmeal Bar (Ubr)
One Cup Serving Fresh Fruits
Unflavored Low-Fat/
Fat Free Milk

11

Chocolate Chip Muffin
One Cup Serving Fresh Fruits
Unflavored Low-Fat/
Fat Free Milk

12

Cinnamon Roll
One Cup Serving Fresh
Fruits Unflavored Low-Fat/
Fat Free Milk

13

Corn Bread
One Cup Serving Fresh Fruits
Unflavored Low-Fat/
Fat Free Milk

14

Coco Puffs Cereal
One Cup Serving Fresh Fruits
Unflavored Low-Fat/
Fat Free Milk

17

2pc Cinnamon Graham Crackers
One Cup Serving Fresh Fruits
Unflavored Low-Fat/
Fat Free Milk

18

Cake Crumb
One Cup Serving Fresh Fruits
Unflavored Low-Fat/
Fat Free Milk

19

Waffles
One Cup Serving Fresh
Fruits Unflavored Low-Fat/
Fat Free Milk

20

Cinnamon Roll
One Cup Serving Fresh
Fruits Unflavored Low-Fat/
Fat Free Milk

21

Benefits Oatmeal Bar
One Cup Serving Fresh Fruits
Unflavored Low-Fat/
Fat Free Milk

24

No School

25

No School

26

No School

27

No School

28

No School

31

No School



This Institution is an equal Opportunity Provider. All students are eligible for free school meals. Menu choices are subject to change.