

# April 2018

## ELEMENTARY BREAKFAST MENU

### Monday

CHOICE OF CEREAL **2**  
GRAHAM  
CRACKERS  
WITH  
FRESH FRUIT/ FRUIT  
MILK

CHOICE OF CEREAL **9**  
GRAHAM  
CRACKERS  
WITH  
FRESH FRUIT/ FRUIT  
MILK

CHOICE OF CEREAL **6**  
GRAHAM  
CRACKERS  
WITH  
FRESH FRUIT/ FRUIT  
MILK

CHOICE OF CEREAL **23**  
GRAHAM  
CRACKERS  
WITH  
FRESH FRUIT/ FRUIT  
MILK

CHOICE OF CEREAL **30**  
GRAHAM  
CRACKERS  
WITH  
FRESH FRUIT/ FRUIT  
MILK

### Tuesday

WHOLE GRAIN **3**  
POP TART  
SUNFLOWER  
SEEDS  
WITH  
FRESH FRUIT/ FRUIT  
JUICE  
MILK

NEW:NUTRITION **10**  
BARS  
CHEESE STICK  
WITH  
FRESH FRUIT/ FRUIT  
JUICE  
MILK

MUFFIN **17**  
& CHEESE  
STICK  
WITH  
FRESH FRUIT/ FRUIT  
JUICE  
MILK

NEW:NUTRITION **24**  
BARS  
CHEESE STICK  
WITH  
FRESH FRUIT/ FRUIT  
JUICE  
MILK

### Wednesday

MUFFIN **4**  
& CHEESE  
STICK  
WITH  
FRESH FRUIT/ FRUIT  
JUICE  
MILK

CHOICE OF CEREAL **11**  
GRAHAM  
CRACKERS  
WITH  
FRESH FRUIT/ FRUIT  
MILK

PANCAKE PODS **18**  
GRAHAM  
CRACKERS  
WITH  
FRESH FRUIT/ FRUIT  
MILK

CHOICE OF CEREAL **25**  
GRAHAM  
CRACKERS  
WITH  
FRESH FRUIT/ FRUIT  
MILK

### Thursday

PANCAKE **5**  
ON A STICK  
SUNFLOWER SEEDS  
WITH  
FRESH FRUIT/ FRUIT  
JUICE  
MILK

BREAKFAST **12**  
COOKIE  
SUNFLOWER SEEDS  
WITH  
FRESH FRUIT/ FRUIT  
JUICE  
MILK

PANCAKE **19**  
ON A STICK  
SUNFLOWER SEEDS  
WITH  
FRESH FRUIT/ FRUIT  
JUICE  
MILK

BREAKFAST **26**  
COOKIE  
SUNFLOWER  
SEEDS WITH  
FRESH FRUIT/FRUIT  
JUICE  
MILK

### Friday

BAGEL **6**  
SUNFLOWER  
SEEDS  
WITH  
FRESH FRUIT/ FRUIT  
JUICE  
MILK

CHOICE OF CEREAL **13**  
GRAHAM  
CRACKERS  
WITH  
FRESH FRUIT/ FRUIT  
MILK

BAGEL **20**  
SUNFLOWER  
SEEDS  
WITH  
FRESH FRUIT/  
FRUIT  
JUICE

CHOICE OF CEREAL **27**  
GRAHAM  
CRACKERS  
WITH  
FRESH FRUIT/ FRUIT  
MILK

When you have something for breakfast, you're not going to be starving by lunch.

Breads are whole grain, wheat or whole grain white

**100% JUICE** –  
Flavors are Apple, Orange,  
Grape, Fruit Punch

**MILK:** 1%, Skim

**COME AND  
JOIN US  
FOR  
BREAKFAST**

Menu subject to change depending on availability of food product.

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### Did You Know...

The Romans called this month Aprilis which may derive from the verb aperire meaning "to open", referring to flowers and fruits opening.