

BREAKFAST

April 2014

GO CARDINALS !

Nutrition Tip

Drink Water! Drink water instead of sugary drinks when you're thirsty. To maintain a healthy weight, sip water or other drinks with few or no calories.

Reference: USDA. MyPlate.gov. Internet: <http://www.myplate.gov/>.

For Quick recipes and stir-in ideas, visit www.Greengiant.com or

www.FruitsAndVegetablesMoreMatters.org.

USDA IS AN EQUAL OPPORTUNITY EMPLOYER



* monday

* tuesday

* wednesday

* thursday

* friday

HAPPY SPRING

1
WHOLE GRAIN CINNAMON ROLL
FRESH FRUIT
FRUIT JUICE, MILK CHOICE

2
PANCAKE ON A STICK
W/SYRUP
FRESH FRUIT
FRUIT JUICE, MILK CHOICE

3
WHOLE GRAIN CEREAL
YOGURT CUP
FRESH FRUIT
FRUIT JUICE, MILK CHOICE

4
BANANA COFFEE CAKE
FRESH FRUIT
FRUIT JUICE CHOICE,
MILK CHOICE CHOICE

7
MS/HS NO SCHOOL
BREAKFAST PIZZA
FRESH FRUIT
FRUIT JUICE CHOICE
MILK CHOICE

8
WHOLE GRAIN
CINNAMON ROLL
FRESH FRUIT
FRUIT JUICE CHOICE
MILK CHOICE

9
CHICKEN BISCUIT
BREAKFAST SANDWICH
FRESH FRUIT
FRUIT JUICE CHOICE
MILK CHOICE

10
WHOLE GRAIN CEREAL
CHEESE STICK
FRESH FRUIT
FRUIT JUICE CHOICE
MILK CHOICE

11
WG POPTARTS
YOGURT CUP
FRESH FRUIT
FRUIT JUICE CHOICE
MILK CHOICE

14
BREAKFAST PIZZA
FRESH FRUIT
FRUIT JUICE CHOICE
MILK CHOICE

15
WHOLE GRAIN CEREAL
SAUSAGE PATTY
FRESH FRUIT
FRUIT JUICE CHOICE
MILK CHOICE

16
FRENCH TOAST STICKS
W/ SYRUP
FRESH FRUIT
FRUIT JUICE CHOICE
MILK CHOICE

17
WHOLE GRAIN
CINNAMON ROLL
FRESH FRUIT
FRUIT JUICE CHOICE
MILK CHOICE

18
NO SCHOOL TODAY
EASTER BREAK

21
NO SCHOOL TODAY
EASTER BREAK

22
WHOLE GRAIN CEREAL
YOGURT CUP
FRESH FRUIT
FRUIT JUICE CHOICE
MILK CHOICE

23
SAUSAGE BISCUIT
BREAKFAST SANDWICH
FRESH FRUIT
FRUIT JUICE CHOICE
MILK CHOICE

24
WHOLE GRAIN
CINNAMON ROLL
FRESH FRUIT
FRUIT JUICE CHOICE
MILK CHOICE

25
PANCAKE ON A STICK
W/ SYRUP
FRESH FRUIT
FRUIT JUICE CHOICE
MILK CHOICE

28
BREAKFAST PIZZA
FRESH FRUIT
FRUIT JUICED CHOICE
MILK CHOICE

29
WHOLE GRAIN
CINNAMON ROLL
FRESH FRUIT
FRUIT JUICE CHOICE
MILK CHOICE

30
FRENCH TOAST STICKS
W/SYRUP
FRESH FRUIT
FRUIT JUICE CHOICE
MILK CHOICE

Adding Vegetables-and -Health to Your Diet
*Make scrambled eggs and roll them into a corn or whole wheat flour tortilla with leftover vegetables and Salsa. MM Good!