

BREAKFAST

April 2015

Good Morning Ell-Saline

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/>.



* monday

* tuesday

* wednesday

* thursday

* friday

Start Your Day The Right Way
EAT BREAKFAST!

NO SCHOOL TODAY
EASTER BREAK

6

BREAKFAST PIZZA
FRESH FRUIT
FRUIT JUICE CHOICE
MILK CHOICE

7

FOLD AND GO TACO
OR CEREAL & GRAHAMS
FRESH FRUIT
FRUIT JUICE CHOICE
MILK CHOICE

8

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

9

BAGEL & CR. CHEESE
CEREAL
POWER RAISENS
FRUIT JUICE CHOICE
MILK CHOICE

10

CEREAL
SAUSAGE PATTY
FRESH FRUIT
FRUIT JUICE CHOICE
MILK CHOICE

13

BISCUIT & GRAVY
FRESH FRUIT
FRUIT JUICE CHOICE
MILK CHOICE

14

PANCAKE ON A STICK
STRAWBERRIES
FRUITJUICE CHOICE
MILK CHOICE

15

CHICKEN BISCUIT
OR CEREAL & GRAHAMS
ORANGES
FRUIT JUICE CHOICE
MILK CHOICE

16

CINNAMON ROLL
FRESH FRUIT
FRUIT JUICE CHOICE
MILK CHOICE

17

BREAKFAST PIZZA
FRESH FRUIT
FRUIT JUICE CHOICE
MILK CHOICE

20

BLUE BERRY MUFFIN
ORANGES
FRUIT JUICE CHOICE
MILK CHOICE

21

WW BAGEL & CR CHEESE
APPLE QUARTERS
FRUIT JUICE CHOICE
MILK CHOICE

22

OATMEAL ROUND OR
CEREAL
YOGURT CUP, FRESH FRUIT
FRUIT JUICE CHOICE
MILK CHOICE

23

FRENCH TOAST STICKS
SYRUP
FRESH FRUIT
FRUIT JUICE CHOICE
MILK CHOICE

24

PANCAKES OR CEREAL
SAUSAGE PATTY
TROPICAL FRUIT
FRUIT JUICE CHOICE
MILK CHOICE

27

FOLD & GO TACO
FRESH FRUIT
FRUIT JUICE CHOICE
MILK CHOICE

28

CINNAMON ROLL
CEREAL
FRESH FRUIT
FRUIT JUICE CHOICE
MILK CHOICE

29

MINI MUFFINS
PINEAPPLE
FRUIT JUICE CHOICE
MILK CHOICE

30

USDE IS AN EQUAL
OPPORTUNITY PROVIDER
AND EMPLOYER