

April 2016

Spring into Action Ell-Saline! Go Cardinals!

BREAKFAST



Start your Day with Breakfast
Ell-Saline- Strong minds and
Bodies =Smart Students.



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

Monday

Tuesday

Wednesday

Thursday

Friday



WG Cereal
Cheese stick
Apple Halves
Juice Choice
Milk Choice

1

Breakfast Pizza
Diced Peaches
Fruit Juice Choice
Milk Choice

4

Whole Wheat Bagel
Cream Cheese
Fresh Strawberries
Fruit Juice Choice
Milk Choice

5

Whole Grain Cereal
Yogurt Cup
Apple Halves
Fruit Juice Choice
Milk Choice

6

French Toast Sticks
w/ Syrup
Orange Slices
Fruit Juice Choice
Milk Choice

7

WG Poptart
Cheese stick
Pineapple
Fruit Juice Choice
Milk

8

Pancake On A Stick
Tropical Fruit
Fruit juice Choice
Milk Choice

11

WG Cinnamon Roll
WG Cereal
Banana
Fruit Juice Choice
Milk Choice

12

Sausage Biscuit
Fresh Orange
Fruit Juice Choice
Milk Choice

13

WG Cereal
Yogurt Cup
Apple Slices
Fruit Juice Choice
Milk Choice

14

Breakfast Pizza
Sliced Peaches
Fruit Juice Choice
Milk Choice

15

Whole Grain Cereal
Sausage Patty
Diced Pears
Fruit Juice Choice
Milk Choice

18

Biscuit & Gravy
Fresh Orange
Fruit Juice choice
Milk Choice

19

Granola Bar
Apple Slices
Fruit Juice Choice
Milk Choice

20

Pancake on a Stick
Tropical Fruit
Fruit Juice Choice
Milk Choice

21

Chicken Biscuit
Fruit Cocktail
Fruit Juice Choice
Milk Choice

22

Waffle Sticks W/ Syr
Fresh Grapes
Fruit Juice Choice
Milk Choice

25

Oatmeal Round
Yogurt Cup
Banana
Fruit Juice Choice
Milk Choice

26

Whole Wheat Bagel
Cream Cheese
Fresh Strawberries
Fruit Juice Choice
Milk Choice

27

Blue Berry Muffin
Mandarin Oranges
Fruit Juice Choice
Milk Choice

28

Breakfast Pizza
Sliced Peaches
Fruit Juice Choice
Milk Choice

29