

APRIL 2025

BREAKFAST



Nutrition Tip: Make Fruit More Appealing. Make a fruit smoothie by blending fat-free or low-fat milk or yogurt with fresh or frozen fruit. Try bananas, peaches, strawberries, or other berries.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

Cherry Frudals
Oranges
Apple Juice
Skim Milk

1

Eggs
Toast
Sausage
Peaches
Skim Milk O.J.

2

Breakfast Pizza
Melon
O.J.
Skim Milk

3

Minni Cinnis
Strawberries
O.J.
Skim Milk

4

Muffins
Yogurt
Applesauce
O.J.

7

Egg Burritos
Pears
O.J.
Skim Milk

8

Breakfast Corn Dogs
Oranges
Apple Juice
Skim Milk

9

Waffles
Pineapple
O.J.
Skim Milk

10

No School

11

Cereal
Granola Bar
Apples
Skim Milk O.J.

14

French Toast Sticks
Bananas
O.J.
Skim Milk

15

Ham & egg bar
Strawberries
O.J.
Skim Milk

16

Breakfast Burritos
Apple Slices
O.J.
Skim Milk

17

No School

18

No School

21

Muffins/Yogurt
Applesauce
O.J. Skim Milk

22

Pancakes
Peaches
O.J. Skim Milk

23

Egg Omelet/Toast
Pears
O.J. Skim Milk

24

Breakfast Pizza
Melon
O.J. Skim Milk

25

Breakfast Bar
Apples
O.J. Skim Milk

28

Apple Frudals
Pineapple
O.J. Skim Milk

29

Bagels
Tropical Fruit
O.J. Skim Milk

30

