

# April 2025



# BREAKFAST MENU

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 <b>No School</b>	2 Biscuit & Gravy Fresh Banana Fruit Juice Choice Milk	3 Sausage Breakfast Sandwich Pineapple Chunks Fruit Juice Choice Milk	4 Whole Grain Muffin Rosy Applesauce Fruit Juice Choice Milk	5 
6	7 Mini Waffles with Syrup Fresh Pineapple Fruit Juice Choice Milk	8 Star Spangled Pancakes Sausage Patty Tropical Fruit Fruit Juice Choice Milk	9 Whole Wheat Bagel with Toppings Fresh Strawberries Fruit Juice Choice Milk	10 Ham, Egg, & Cheese Bar Sliced Pears Fruit Juice Milk	11 Whole Grain Cinnamon Roll Mandarin Oranges Fruit Juice Choice Milk	12
13	14 Whole Grain Cereal Yogurt Cup Fresh Apple Fruit Juice Choice Milk	15 Biscuit & Gravy Fresh Oranges Fruit Juice Choice Milk	16 Banana Bread Fresh Citrus Fruit Cup Fruit Juice Choice Milk	17 <b>No School Teacher In- Service</b>	18 <b>Good FRIDAY</b>	19 
20 	21 Whole Grain Cinnamon Roll Fresh Banana Fruit Juice Choice Milk	22 Mini Waffles with Syrup Apricot Halves Fruit Juice Choice Milk	23 Breakfast Pizza Peach Slices Fruit Juice Choice Milk	24 Excellent Egg Taco with Tomato Salsa Graham Snacks Fresh Kiwi Fruit Juice Choice Milk	25 Whole Grain Muffin Rosy Applesauce Fruit Juice Choice Milk	26
27	28 Whole Grain Cereal Sausage Patty Diced Pears Fruit Juice Choice Milk	29 Biscuit & Gravy Fresh Oranges Fruit Juice Choice Milk	30 Granola Bar Apricot Halves Fruit Juice Choice Milk	NOTES: * Participating in sports can build your child up... or drag them down. Make athletics a positive experience for your youngster with these strategies: * Encourage them to set goals - but make sure goals are realistic. They might aim to touch the ball three times during a game or try a move that they've been working on. * Avoid comments about your youngster's size or body. Concentrate on the friends they are making, the places they are playing, and the effort they are putting forth ("I love how you tried to get the rebound").		