








2009-2010

APRIL ELEMENTARY BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29 <i>NEW!</i> KELLOGG'S RICE KRISPIES CEREAL BAR STRING CHEESE 4 OZ. JUICE 8 OZ. MILK	30 MINI LOAF CEREAL 4 OZ. JUICE 8 OZ. MILK	31 <i>NEW!</i> PILLSBURY APPLE FRUDEL 4 OZ. JUICE 8 OZ. MILK 	1 PEANUT BUTTER & JELLY BAR 4 OZ. JUICE 8 OZ. MILK	2 <b>NO SCHOOL!</b>
5 	6 NO SCHOOL - SPRING BREAK			9 
12 <i>NEW!</i> KELLOGG'S RICE KRISPIES CEREAL BAR STRING CHEESE 4 OZ. JUICE 8 OZ. MILK	13 MINI LOAF CEREAL 4 OZ. JUICE 8 OZ. MILK	14 <i>NEW!</i> PILLSBURY APPLE FRUDEL 4 OZ. JUICE 8 OZ. MILK	15 PEANUT BUTTER & JELLY BAR 4 OZ. JUICE 8 OZ. MILK	16 SUPER DONUT CEREAL 8 OZ. MILK 
19 <i>NEW!</i> KELLOGG'S RICE KRISPIES CEREAL BAR STRING CHEESE 4 OZ. JUICE 8 OZ. MILK	20 MINI LOAF CEREAL 4 OZ. JUICE 8 OZ. MILK 	21 <i>NEW!</i> PILLSBURY APPLE FRUDEL 4 OZ. JUICE 8 OZ. MILK	22 PEANUT BUTTER & JELLY BAR 4 OZ. JUICE 8 OZ. MILK	23 SUPER DONUT CEREAL 8 OZ. MILK
26 <i>NEW!</i> KELLOGG'S RICE KRISPIES CEREAL BAR STRING CHEESE 4 OZ. JUICE 8 OZ. MILK	27 MINI LOAF CEREAL 4 OZ. JUICE 8 OZ. MILK	28 <i>NEW!</i> PILLSBURY APPLE FRUDEL 4 OZ. JUICE 8 OZ. MILK	29 PEANUT BUTTER & JELLY BAR 4 OZ. JUICE 8 OZ. MILK	30 SUPER DONUT CEREAL 8 OZ. MILK

ASSORTED MILK SERVED DAILY

MENU SUBJECT TO CHANGE WITHOUT NOTICE

Healthy Eating - Breakfast

Breakfast provides the energy your body needs to start the day. When you wake up in the morning, you haven't eaten for 8 to 12 hours; it's time to "break that fast." Research has shown that breakfast helps to improve mental and physical performance and contributes many important nutrients to your diet. Skipping breakfast is not a good way to cut calories during the day . . . You may end up eating more at lunch, or relieving your hunger with higher fat, less nutritious snacks. If you eat a good breakfast, you may not need those higher fat "quick fixes".



What's for Breakfast?