








2009-2010

APRIL SECONDARY BREAKFAST MENU

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|--|--|
| 29 PEANUT BUTTER & JELLY BAR 4 OZ. JUICE 8 OZ. MILK | 30 SUPER DONUT CEREAL 8 OZ. MILK  | 31 <i>NEW!</i> PILLSBURY APPLE FRUDEL 4 OZ. JUICE 8 OZ. MILK | 1 <i>NEW!</i> KELLOGG'S RICE KRISPIES CEREAL BAR STRING CHEESE 4 OZ. JUICE 8 OZ. MILK | 2 NO SCHOOL! |
| 5  | 6 N O S C H O O L - S P R I N G B R E A K | 7 | 8 | 9  |
| 12 PEANUT BUTTER & JELLY BAR 4 OZ. JUICE 8 OZ. MILK | 13 SUPER DONUT CEREAL 8 OZ. MILK  | 14 <i>NEW!</i> PILLSBURY APPLE FRUDEL 4 OZ. JUICE 8 OZ. MILK | 15 <i>NEW!</i> KELLOGG'S RICE KRISPIES CEREAL BAR STRING CHEESE 4 OZ. JUICE 8 OZ. MILK | 16 POP TARTS 4 OZ. JUICE 8 OZ. MILK |
| 19 PEANUT BUTTER & JELLY BAR 4 OZ. JUICE 8 OZ. MILK | 20 SUPER DONUT CEREAL 8 OZ. MILK | 21 <i>NEW!</i> PILLSBURY APPLE FRUDEL 4 OZ. JUICE 8 OZ. MILK  | 22 <i>NEW!</i> KELLOGG'S RICE KRISPIES CEREAL BAR STRING CHEESE 4 OZ. JUICE 8 OZ. MILK | 23 POP TARTS 4 OZ. JUICE 8 OZ. MILK |
| 26 PEANUT BUTTER & JELLY BAR 4 OZ. JUICE 8 OZ. MILK | 27 SUPER DONUT CEREAL 8 OZ. MILK | 28 <i>NEW!</i> PILLSBURY APPLE FRUDEL 4 OZ. JUICE 8 OZ. MILK | 29 <i>NEW!</i> KELLOGG'S RICE KRISPIES CEREAL BAR STRING CHEESE 4 OZ. JUICE 8 OZ. MILK | 30 POP TARTS 4 OZ. JUICE 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?