

April 2018

Four Rivers Charter School

BREAKFAST



Have a wonderful Spring Break!



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Assorted Cereal
Fruit Delight Bar
Fresh Fruit
Chilled Juice
Milk

2

Tuesday

Assorted Cereal
Sweet Potato Cinnamon Roll
Fresh Fruit
Milk
Chilled Juice

3

Wednesday

Assorted Cereal
Maple Burst Pancakes
Fresh Fruit
Milk
Chilled Juice

4

Thursday

Assorted Cereal
Banana Bread
Fresh Fruit
Milk
Chilled Juice

5

Friday

Assorted Cereal
Bagel w/ Sun Butter
Fresh Fruit
Milk
Chilled Juice

6

Assorted Cereal
Whole Grain Muffin
Fresh Fruit
Milk
Chilled Juice

9

Assorted Cereal
Zucchini Spice Bread
Fresh Fruit
Milk
Chilled Juice

10

Assorted Cereal
Fruit Delight Bar
Fresh Fruit
Chilled Juice
Milk

11

Assorted Cereal
Sausage Egg & Cheese
Breakfast Slider
Fresh Fruit
Milk
Chilled Juice

12

Assorted Cereal
UBR Breakfast Round
Fresh Fruit
Milk
Chilled Juice

13

April Vacation

16

April Vacation

17

April Vacation

18

April Vacation

19

April Vacation

20

Assorted Cereal
Granola Bar
Fruit Cup
Chilled Juice
Milk

23

Assorted Cereal
Maple Burst Pancakes
Fresh Fruit
Milk
Chilled Juice

24

Assorted Cereal
Banana Bread
Fresh Fruit
Milk
Chilled Juice

25

Assorted Cereal
Whole Grain Muffin
Fresh Fruit
Milk
Chilled Juice

26

Assorted Cereal
Mini Eggo Waffles
Fresh Fruit
Milk
Chilled Juice

27

Assorted Cereal
Bagel w/ Sun Butter
Fresh Fruit
Milk
Chilled Juice

30

