

# April 2017

## FITZGERALD HIGH SCHOOL

### BREAKFAST



**School Information:** FHS  
Volene Walton-Manager



**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. "USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER"



Monday

Cereal Bars  
Juice

3

Tuesday

Pancake  
Juice

4

Wednesday

Waffles  
Fruit

5

Thursday

Sausage & Biscuit  
Juice

6

Friday

Cereal  
Graham Crackers  
Fruit

7

SPRING  
BREAK

10

SPRING  
BREAK

11

SPRING  
BREAK

12

SPRING  
BREAK

13

SPRING  
BREAK

14

Blueberry Muffin  
Fruit

17

Hot Ham & Cheese Sand.  
Juice

18

Cinni Minis  
Fruit

19

Sausage Biscuit  
Juice

20

Chicken & Biscuit  
Fruit

21

Ham/Cheese Croissant  
Juice

24

Cereal  
Graham Crackers  
Fruit

25

Sausage Biscuit  
Juice

26

Blueberry Muffin  
Fruit

27

Manager's  
Choice  
(Breakfast Bowl  
(Cheese  
Grits, eggs, sausage

28

