

April 2018

Ralph Askins Elementary

BREAKFAST



**** USDA is an equal opportunity employer & provider****

**** Manager reserves the right to change menu due to food availability****

****Breakfast includes: Choice of (1) Grain entrée, Milk and Fruit/Juice****



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

Tuesday

Wednesday

Thursday

Friday

Sausage Biscuit
or
Cinn Toast Crunch Cereal
Diced Peaches
Apple Juice
Milk

2

French Toast w/syrup
Or
BlueBerry Muffin
Strawberry Cups
Orange Juice
Milk

3

Egg & Chz Omelet w/Muffin
Or
Cherry Frudel
Diced Pears
Apple Juice
Milk

4

Beef Steak Biscuit
Or
Lucky Charms Cereal
Pineapple Tidbits
Orange Juice
Milk

5

Breakfast Pizza
Or
Keebler Animal Crackers
Mixed Fruit
Apple Juice
Milk

6

Pancakes w/syrup
Or
Choc Chip Oatmeal Bar
Applesauce
Orange Juice
Milk

9

Bacon Biscuit
Or
Cinn Toast Crunch Cereal
Diced Peaches
Apple Juice
Milk

10

Sausage,Egg & Chz on
English Muffin
Or
Keebler Graham Gripz
Mixed Fruit
Orange Juice
Milk

11

Breakfast Pizza
Or
Choc Chip Muffin
Peach Cups
Apple Juice
Milk

12

Chicken Sliders
Or
Lucky Charms Cereal
Diced Pears
Orange Juice
Milk

13

Sausage Biscuit
or
Cinn Toast Crunch Cereal
Diced Peaches
Apple Juice
Milk

16

French Toast w/syrup
Or
BlueBerry Muffin
Strawberry Cups
Orange Juice
Milk

17

Egg & Chz Omelet w/Muffin
Or
Cherry Frudel
Diced Pears
Apple Juice
Milk

18

Beef Steak Biscuit
Or
Lucky Charms Cereal
Pineapple Tidbits
Orange Juice
Milk

19

Breakfast Pizza
Or
Keebler Animal Crackers
Mixed Fruit
Apple Juice
Milk

20

Pancakes w/syrup
Or
Choc Chip Oatmeal Bar
Applesauce
Orange Juice
Milk

23

Bacon Biscuit
Or
Cinn Toast Crunch Cereal
Diced Peaches
Apple Juice
Milk

24

Sausage,Egg & Chz on
English Muffin
Or
Keebler Graham Gripz
Mixed Fruit
Orange Juice
Milk

25

Breakfast Pizza
Or
Choc Chip Muffin
Peach Cups
Apple Juice
Milk

26

Chicken Sliders
Or
Lucky Charms Cereal
Diced Pears
Orange Juice
Milk

27

Sausage Biscuit
or
Cinn Toast Crunch Cereal
Diced Peaches
Apple Juice
Milk

30

