

April 2018

CHAPIN ST., EAST ST. & VETERAN'S PARK SCHOOLS

BREAKFAST



School Information: Breakfast Price: \$1.50
Menu Subject to Change
"USDA is an equal opportunity provider and employer."



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

Assorted Fruit **2**
Cereal Basket
Pancakes w/Syrup
Chilled Juice
Choc. Or White Milk

Assorted Fruit **3**
Cocoa Puffs Cereal
Yogurt Cup
Chilled Juice
Choc. Or White Milk

Assorted Fruit **4**
Frosted Flakes Cereal
Corn Muffin
Chilled Juice
Choc. Or White Milk

Assorted Fruit **5**
Lucky Charms Cereal
Toast w/Jelly
Chilled Juice
Choc. Or White Milk

Assorted Fruit **6**
Assorted Cereal
Banana Muffin
Chilled Juice
Choc. Or White Milk

Assorted Fruit **9**
Frosted Mini Wheats Cereal
French Toast w/Syrup
Chilled Juice
Choc. Or White Milk

Assorted Fruit **10**
Kix Cereal
Chocolate Chip Muffin
Chilled Juice
Choc. Or White Milk

Assorted Fruit **11**
Bagel w/Cream Cheese
Frosted Flakes Cereal
Chilled Juice
Choc. Or White Milk

Assorted Fruit **12**
Cinnamon Toast Crunch
Yogurt Cup
Chilled Juice
Choc. Or White Milk

Assorted Fruit **13**
Cereal Basket
Assorted Muffins
Chilled Juice
Choc. Or White Milk



16

17

18

19

20

Have a wonderful vacation!

Assorted Fruit **23**
Frosted Flakes Cereal
Blueberry Muffin
Chilled Juice
Choc. Or White Milk

Assorted Fruit **24**
Lucky Charms Cereal
Pancake w/Syrup
Chilled Juice
Choc. Or White Milk

Assorted Fruit **25**
Cocoa Puffs Cereal
WW Toast w/Jelly
Chilled Juice
Choc. Or White Milk

Assorted Fruit **26**
Cheerios Cereal
Yogurt Cup
Chilled Juice
Choc. Or White Milk

Assorted Fruit **27**
Assorted Cereal
Chocolate Chip Muffin
Chilled Juice
Choc. Or White Milk

Assorted Fruit **30**
Cereal Basket
Pancakes w/Syrup
Chilled Juice
Choc. Or White Milk

*Earn extra money part-time
Work as a substitute in our
School Lunch Department
www.schoolspring.com*

