

April 2017

Central - Jefferson

BREAKFAST



April 5th is National Walking Day. For better health, find ways to add more steps to your day.



Menu Information: Juice, Fruit and Milk are offered with Breakfast all grains served at Breakfast are whole grain rich. (##) denotes carb count. **(Fresh Fruit/Vegetable Program) snack of the day. Encourage your child to try a new fruit/vegetable when offered.**



Monday

Mini Pizza Sliders (21)

3

Tuesday

Cherry Strudel (37)

4

(Pink Lady Apples)

Wednesday

Long John (42)

5

Thursday

Egg Taco (15)

6

(Purple Asparagus) w/Ranch

Friday

Yogurt(19)
Muffin (30)

7

Mini Pancakes (18)

10

Sausage Bites (14)

11

(Brussel Sprouts) w/Ranch

Strawberry Parfait (29)
w/Granola (13)

12

Breakfast Pizza (26)

13

(Melon)

NO SCHOOL

14

NO SCHOOL

17

Mini French Toast (35)

18

(Spring Lettuce Mix) w/Ranch

Ham & Egg Bar (8)

19

(Berries)

Stuffed Pretzel (24)

20

NO SCHOOL

21

Bacon/Egg/Cheese
Pizza Boat(25)

24

Pancake/Sausage
on a Stick (17)

25

(Ugli Fruit)

Sausage/Cheese
Biscuit (28)

26

Cheese filled
Bread Stick (26)

27

(Red Grapes)

Ultimate Breakfast
Oatmeal Round (61)

28



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