

April 2019

Bonifay K - 8

BREAKFAST



SERVED DAILY: MILK, FRUIT, ORANGE JUICE. CONDIMENTS AS NEEDED.



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

Mini Maple Pancakes
Assorted Cereal

1

Tuesday

Biscuit & Gravy
Assorted Pop Tart
w/ Graham Cracker

2

Wednesday

Oats & Honey Bar
Assorted Cereal

3

Thursday

Breakfast Pizza
Assorted Pop Tart
w/ Graham Cracker

4

Friday

Cinnamon Roll
Assorted Cereal

5

Blueberry Waffle
Assorted Cereal

8

Sausage Biscuit
Assorted Pop Tart
w/ Graham Cracker

9

Muffins
Assorted Cereal

10

Yogurt w/ Granola
Assorted Pop Tart
w/ Graham Cracker

11

Cinnamon Roll
Assorted Cereal

12

Breakfast Pizza
Assorted Cereal

15

Breakfast Burrito
Assorted Pop Tart
w/ Graham Cracker

16

Pancake Pup
Assorted Cereal

17

Dutch Waffle
Assorted Pop Tart
w/ Graham Cracker

18

Cinnamon Roll
Assorted Cereal

19

Mini Strawberry Bagel
Assorted Cereal

22

Chicken Croissant
Assorted Pop Tart
W/ Graham Cracker

23

Yogurt w/ Granola
Assorted Pop Tart
w/ Graham Cracker

24

Ham, Egg, Cheese Wrap
Assorted Pop Tart
w/ Graham Cracker

25

Cinnamon Roll
Assorted Cereal

26

Mini Maple Pancakes
Assorted Cereal

29

Biscuit & Gravy
Assorted Pop Tart
w/ Graham Cracker

30

