

# 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

Chicken Croissant  
Assorted Pop Tart  
w/ Graham Cracker

2

### Wednesday

Dutch Waffle  
Assorted Cereal

3

### Thursday

Breakfast Pizza  
Assorted Pop Tart  
w/ Graham Cracker

4

### Friday

Cinnamon Roll  
Assorted Cereal

5

Southwest Sliders  
Assorted Cereal

8

Blueberry Waffles  
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

