



Breakfast Menu - NSP

April 2023

This institution is an equal opportunity provider.

Approved by Haley Havighurst, RDN

Serving Sizes are as follows:

K-8th Grade – Grain or Meat/MA 1.75oz, Fruit 1 cup, 1% or Fat Free Milk 8oz

9-12th Grade – Grain or Meat/MA 2oz, Fruit 1 cup, 1% or Fat Free Milk 8oz

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|---|
| April 3 WG Lucky Charms Cheez Its 100% Juice Box Milk | April 4 Yogurt w/ Granola Fruit Milk | April 5 WG Bagel w/ Cream Cheese Fruit Milk | April 6 WG Cinnamon Toast Crunch Goldfish 100% Juice Box Milk | April 7 WG Chocolate Chip Muffin Fruit Milk |
| April 10 WG Frosted Mini Wheats Cheez Its 100% Juice Box Milk | April 11 Yogurt w/ Granola Fruit Milk | April 12 WG Bagel w/ Cream Cheese Fruit Milk | April 13 WG Apple Jacks WG English Muffin Fruit Milk | April 14 WG Banana Muffin Fruit Milk |
| April 17 WG Lucky Charms Cheez Its 100% Juice Box Milk | April 18 Yogurt w/ Granola Fruit Milk | April 19 WG Bagel w/ Cream Cheese Fruit Milk | April 20 WG Cinnamon Toast Crunch Goldfish 100% Juice Box Milk | April 21 WG Apple Cinnamon Muffin Fruit Milk |
| April 24 WG Frosted Mini Wheats Cheez Its 100% Juice Box Milk | April 25 Yogurt w/ Granola Fruit Milk | April 26 WG Bagel w/ Cream Cheese Fruit Milk | April 27 WG Apple Jacks Goldfish 100% Juice Box Milk | April 28 WG Orange Muffin Fruit Milk |

WG = Whole Grain

Fruit options vary when in season all possible options are as follows: Apples, Applesauce, Flavored Applesauce, Banana, Diced Pears, Diced Peaches, Pineapple, Oranges, Pears, Cantaloupe, Honeydew, Strawberries, Fruit Cocktail, Peaches, Mandarin Oranges, Mangos