

April 2019

EVERGREEN K-8TH

BREAKFAST



“Fuel Up” With Fruits & Juice at Breakfast!!!!



Monday

Tuesday

Wednesday

Thursday

Friday

Cereal
Pop Tarts
Fruit
Milk

1

Breakfast Pizza
Fruit
Juice
Milk

2

Waffles
Syrup
Fruit
Milk

3

Cereal
WW Toast
Fruit
Juice
Milk

4

Pumpkin Muffins
Cheese Sticks
Fruit
Milk

5

Cereal & Grahams
Cottage Cheese
Fruit
Milk

8

Breakfast Sandwich
Peach Cups
Juice
Milk

9

Cereal
Banana Bread
Fruit
Milk

10

French Toast w/Syrup
Blueberries
Juice
Milk

11

Biscuits & Gravy
Critter Munch (6-8th)
Fruit
Milk

12

Granola
Yogurt
Fruit
Milk

15

Egg Patty w/ Cheese
Soft Tortillas
Gogurt
Fruit/Juice
Milk

16

Cereal
Oatmeal Strawberry Bars
Fruit
Milk

17

Breakfast Burrito
Teddy Grahams
Fruit
Juice
Milk

18

Cereal
Mini Donuts
Fruit
Milk

19

Fruit Parfait:
Grahams, Yogurt &
Strawberries
Milk

22

Cereal
Nutrigrain Bars
Fruit
Juice
Milk

23

Fruit Strudel
Boiled Eggs
Fruit
Milk

24

Waffles w/ Syrup
Fruit
Juice
Milk

25

Cinnamon Rolls
Sliced Ham
Fruit
Milk

26

Apple Muffins
Cereal
Fruit
Milk

29

Pancakes w/Syrup
Yogurt
Fruit
Juice
Milk

30

