

April 2024 Breakfast K-12 Menu

Fun Fact!

Watermelon

- is 92% water
- take 90 days to grow
- the world's heaviest weighed over 350 lbs.
- there are more than 1000 varieties
- a hollow knock or plunk sound means its ripe



Breakfast Choices

Hot or Cold Entrée Choices Available Daily

i.e.: Pancakes, Breakfast Sandwich, Cold Cereal, Toast, Cereal Bar & Pop Tart.

Must Choose 1:

Fruit or Juice

(may choose up to 2 servings of fruits)

May Choose: 1 Milk:

Low Fat White, Fat Free Chocolate, Fat Free Strawberry or Fat Free Skim

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Sausage Biscuit, Grits & Sausage Bowl-Pak Cereal Variety Ultra Cinnamon Bun Buttered Toast, Cinnamon Toast, Graham Crackers</p>	<p>2</p> <p>Apple Cinnamon Texas Toast Bowl-Pak Cereal Variety Cinnamon Pop-Tart Vanilla Yogurt Cup Buttered Toast, Cinnamon Toast, Graham Crackers</p>	<p>3</p> <p>Chicken Waffle Sandwich Bowl-Pak Cereal Variety Strawberry Nutri-grain Bar String Cheese Stick Buttered Toast, Cinnamon Toast, Graham Crackers</p>	<p>4</p> <p>Chocolate Chip French Toast Minis Bowl-Pak Cereal Variety Cocoa Cherry Bar Strawberry Yogurt Cup Buttered Toast, Cinnamon Toast, Graham Crackers</p>	<p>5</p> <p>Cheese Omelet Wrap Cheese Omelet Bacon Wrap (Served at High School Only) Bowl-Pak Cereal Variety Chocolate Muffin Flat String Cheese Stick Buttered Toast, Cinnamon Toast, Graham Crackers</p>
<p>8</p> <p>Sausage Gravy Breakfast Pizza Bowl-Pak Cereal Variety Banana Bread Slice Buttered Toast, Cinnamon Toast, Graham Crackers</p>	<p>9</p> <p>Breakfast Bowl w/ Biscuit (Eggs • Potato • Cheese) Bowl-Pak Cereal Variety Blueberry Nutri-grain Bar Strawberry Yogurt Cup Buttered Toast, Cinnamon Toast, Graham Crackers</p>	<p>10</p> <p>Cinnamon Waffle Bites Bowl-Pak Cereal Variety Strawberry Pop-Tart String Cheese Stick Buttered Toast, Cinnamon Toast, Graham Crackers</p>	<p>11</p> <p>Egg & Cheese Croissant Cocoa Cherry Bar Vanilla Yogurt Cup Buttered Toast, Cinnamon Toast, Graham Crackers</p>	<p>12</p> <p>Maple Sausage Pancake Wrap Minis Bowl-Pak Cereal Variety Trix Cereal Bar String Cheese Stick Buttered Toast, Cinnamon Toast, Graham Crackers</p>
<p>15</p> <p>Chicken Biscuit Bowl-Pak Cereal Variety Glazed Dunk'in Stick Buttered Toast, Cinnamon Toast, Graham Crackers</p>	<p>16</p> <p>Cinnamon Roll w/ Glaze Bowl-Pak Cereal Variety Cocoa Puff Cereal Bar Strawberry Yogurt Cup Buttered Toast, Cinnamon Toast, Graham Crackers</p>	<p>17</p> <p>Egg, Ham & Cheese Croissant Sandwich Bowl-Pak Cereal Variety Blueberry Muffin Flat String Cheese Stick Buttered Toast, Cinnamon Toast, Graham Crackers</p>	<p>18</p> <p>Sausage Waffle Sandwich Bowl-Pak Cereal Variety Strawberry Nutri-grain Bar Vanilla Yogurt Cup Buttered Toast, Cinnamon Toast, Graham Crackers</p>	<p>19</p> <p>Blueberry Pancake Minis Bowl-Pak Cereal Variety Chocolate Pop-Tart String Cheese Stick Buttered Toast, Cinnamon Toast, Graham Crackers</p>
<p>22</p> <p>Sausage Biscuit, Grits & Sausage Bowl-Pak Cereal Variety Ultra Cinnamon Bun Buttered Toast, Cinnamon Toast, Graham Crackers</p>	<p>23</p> <p>Apple Cinnamon Texas Toast Bowl-Pak Cereal Variety Cinnamon Pop-Tart Vanilla Yogurt Cup Buttered Toast, Cinnamon Toast, Graham Crackers</p>	<p>24</p> <p>Chicken Waffle Sandwich Bowl-Pak Cereal Variety Strawberry Nutri-grain Bar String Cheese Stick Buttered Toast, Cinnamon Toast, Graham Crackers</p>	<p>25</p> <p>Chocolate Chip French Toast Minis Bowl-Pak Cereal Variety Cocoa Cherry Bar Strawberry Yogurt Cup Buttered Toast, Cinnamon Toast, Graham Crackers</p>	<p>26</p> <p>No School For Students</p> 
<p>29</p> <p>Sausage Gravy Breakfast Pizza Bowl-Pak Cereal Variety Banana Bread Slice Buttered Toast, Cinnamon Toast, Graham Crackers</p>	<p>30</p> <p>Breakfast Bowl w/ Biscuit (Eggs • Potato • Cheese) Bowl-Pak Cereal Variety Blueberry Nutri-grain Bar Strawberry Yogurt Cup Buttered Toast, Cinnamon Toast, Graham Crackers</p>	<p>For Menu & Nutrition Information or to download the app on your device! Visit nutrislice.com</p> 	<p>Menus are subject to change!</p> <p>We do our best to provide our customers with all of our planned options, however occasionally weather, crops, and supplies have other ideas!</p>	<p>Fresh From Florida</p> 

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity. Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by: mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; or fax: (833) 256-1665 or (202) 690-7442; or email: program.intake@usda.gov. This institution is an equal opportunity provider.