

# April 2018

## Edwards County Schools

### BREAKFAST



**School Information:** This Institution is an equal opportunity provider.



**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

### Tuesday

### Wednesday

### Thursday

### Friday

No School

2

French Toast sticks  
w/ Syrup or Oatmeal  
w/ Toast & Jelly  
Fruit  
Juice  
Milk

3

Breakfast Pizza or  
Assorted Cereal w/ Cheese  
Stick  
Fruit  
Juice  
Milk

4

Yogurt & Grahams or  
Assorted Cereal Bar  
w/ Yogurt  
Fruit  
Juice  
Milk

5

Scrambled Eggs or  
Assorted Cereal  
Toast - Jelly  
Fruit  
Juice  
Milk

6

Pancake on a stick  
w/syrup or Oatmeal  
w/ Toast  
Fruit  
Juice & Milk

9

Mini Powdered Donuts  
Or Assorted Cereal w/ Yogurt  
Fruit  
Juice  
Milk

10

Grilled Cheese Sandwich  
Or Peanut Butter & Jelly  
Sandwich  
Fruit  
Juice & Milk

11

Blueberry Muffins or  
Assorted Cereal w/ Cheese Stick  
Fruit  
Juice & Milk

12

Mini Maple Waffles  
w/ Syrup or Assorted Cereal  
w/Toast & Jelly  
Fruit  
Juice & Milk

13

Biscuit & Gravy or  
Assorted Cereal w/ Toast & Jelly  
Fruit  
Juice  
Milk

16

Donut Ring or Yogurt  
w/ Crispy Bites Blueberry Lemon  
Fruit  
Juice  
Milk

17

Oatmeal Bar or Assorted  
Cereal w/ Toast & Jelly  
Fruit  
Juice  
Milk

18

Long John Donut or  
Assorted Cereal Bar w/ Yogurt  
Fruit  
Juice  
Milk

19

Breakfast Pizza (Egg & Gravy)  
Or Assorted Cereal w/ Toast & Jelly  
Fruit  
Juice  
Milk

20

Pancakes w/ Syrup or  
Assorted Cereal w/ Toast & Jelly  
Fruit  
Juice  
Milk

23

Mini Blueberry Waffles  
w/ Syrup or Assorted Cereal  
Bar w/ Yogurt  
Fruit  
Juice & Milk

24

Cinnamon Roll or  
Pop-tart w/ Yogurt  
Fruit  
Juice  
Milk

25

Bacon, Egg & Cheese Biscuit  
Or Assorted Cereal w/ Toast & Jelly  
Fruit  
Juice & Milk

26

Mini French Toast Cinn.  
Rush w/ Syrup or Assorted Cereal  
w/ Cheese Stick  
Fruit  
Juice & Milk

27

Mini Choc. Donuts or  
Assorted Cereal w/ Toast &  
Jelly  
Fruit  
Juice & Milk

30

