## Washington Township Schools

## April 2018

 Breakfast Menu
## Get a Healthy Start to Your Day with School Breakfast!

Did you know, if you are approved for free or reduced lunch, you are also eligible for breakfast!

## NUTRITION NEWS:

Eat the Colors of the Rainbow Week Did you know that by eating a variety of colorful fruits and
vegetables you are able to get a
variety of different vitamins and minerals? Each vitamin and mineral gives you a special "superpower" or benefit! For example, that orange pigment in carrots and sweet
potatoes otherwise known as beta carotene aids in keeping good eye health and vision. This April challenge yourself to eat a variety of different colored fruits \&
vegetables...your body will thank you later!

Student Breakfast \$1.50

Adult Breakfast \$1.80

Reduced Breakfas $\dagger$ \$0.30

\section*{| Monday | Tuesday | Wednesday | Thursday |  | Friday |
| :--- | :--- | :--- | :--- | :--- | :--- |
| 2 | 3 | 4 | 5 | 6 |  |}

## Spring Recess! School Closed



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