

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 betacarotene 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 Breakfast \$0.30

Monday	Tuesday	Wednesday	Thursday	Friday
Spr	ing Rec	ess! Sch	ool Clos	sed
Cereal with Graham Crackers Assorted Fruit 100% Juice Milk Selection	Bagel with Cream Cheese Or Donut Assorted Fruit 100% Juice Milk Selection	Cinnamon Bun or Cereal Assorted Fruit 100% Juice Milk Selection	Bagel with Cream Cheese Or Donut Assorted Fruit 100% Juice Milk Selection	Cereal with Graham Crackers Assorted Fruit 100% Juice Milk Selection
16 Cereal with Graham Crackers Assorted Fruit 100% Juice Milk Selection	Bagel with Cream Cheese Or Donut Assorted Fruit 100% Juice Milk Selection	18 Cinnamon Bun or Cereal Assorted Fruit 100% Juice Milk Selection	Bagel with Cream Cheese Or Donut Assorted Fruit 100% Juice Milk Selection	Cereal with Graham Crackers Assorted Fruit 100% Juice Milk Selection
Cereal with Graham Crackers Assorted Fruit 100% Juice Milk Selection	Bagel with Cream Cheese Or Donut Assorted Fruit 100% Juice Milk Selection	25 Cinnamon Bun or Cereal Assorted Fruit 100% Juice Milk Selection	Bagel with Cream Cheese Or Donut Assorted Fruit 100% Juice Milk Selection	Cereal with Graham Crackers Assorted Fruit 100% Juice Milk Selection
Cereal with Graham Crackers Assorted Fruit 100% Juice Milk Selection	eat a	rainbout	of fruits	and veggiels

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