

April 2018

MERIT ACADEMU

BREAKFAST



Breakfast comes with milk and 100% fruit juice.

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

2

3

4

5

6

Spring break

Spring break

Spring break

Spring break

Spring break

9

10

11

12

13

Muffin Variety
Yogurt

Cheesy bacon & eggs
Toast
Cereal Variety

French Toast Sticks
Cereal Variety

Breakfast Sandwich
Cereal Variety

Breakfast cookies
Bagels w/ cream cheese
Cereal Variety

16

17

18

19

20

Pop Tart
Cereal Variety
Yogurt Variety

Pancake on a stick
Cereal Variety

Breakfast Burrito
Cereal Variety

Cheese Rippers
Cereal Variety

Parfait
Cereal Variety

23

24

25

26

27

Pop Tart
Cereal Variety
Yogurt Variety

Hash brown patty
Ham patty
Toast
Cereal Variety

Breakfast Cookie
Bagels w/ cream cheese
Cereal Variety
Yogurt Variety

Muffin Variety
Cereal Variety

Cinnamon Texas Toast
Cereal Variety

30

Pop Tart
Cereal Variety
Yogurt Variety

