### Breakfast Menu

**Cold Grab N Go**
- Reduced Sugar Fruit Loops / Graham Crackers
- Orange Tangerine Juice
- Fresh Gala Apple

**Hot Grab N Go**
- Spicy Chicken Biscuit
- Orange Tangerine Juice
- Fresh Gala Apple

**Cold Grab N Go**
- Frosted Flakes with Graham Gold Fish
- Mixed Fruit Juice
- Diced Peaches

**Hot Grab N Go**
- Beef Biscuit
- Mixed Fruit Juice
- Diced Peaches

**Cold Grab N Go**
- Whole Grain Chocolate Chip Muffin
- Cheese Cubes
- Orange Tangerine Juice
- Fresh Apple

**Hot Grab N Go**
- Turkey Sausage Biscuit
- Mixed Fruit Juice
- Diced Apricots

**Grab N Go**
- Chicken Biscuit
- Mixed Fruit Juice & Fresh Apple

**Curbside Breakfast**
- Frosted Mini Wheats with Biscuit
- Apple Juice
- Banana

**Breakfast Hot Grab N Go**
- Pancake N Link
- Apple Juice
- Banana

**Breakfast Grab N Go**
- Chicken Biscuit
- Mixed Fruit Juice & Fresh Apple

**Snack**
- Strawberry Nutra-Grain Bar
- Apple Splash

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**Breaks**

- **Break begins at the end of classes:**
  - **Friday, April 2**
  - **Classes resume:**
    - **Monday, April 12**
<table>
<thead>
<tr>
<th>Monday, April 19</th>
<th>Tuesday, April 20</th>
<th>Wednesday, April 21</th>
<th>Thursday, April 22</th>
<th>Friday, April 23</th>
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</thead>
</table>
| Breakfast Cold Grab N Go  
Reduced Sugar Fruit Loops & Graham Crackers 
Orange Juice & Fresh Gala Apple | Breakfast Cold Grab N Go  
Blueberry Pop-Tarts 
Apple Juice 
Diced Apricots | Breakfast Cold Grab N Go  
Frosted Flakes & Graham Gold Fish 
Apple Juice & Banana | Breakfast Grab N Go  
Whole Grain Chocolate Chip Muffin 
Cheese Cubes 
Orange Tangerine Juice 
Fresh Apple | Breakfast Grab N Go  
Reduced Sugar Frosted Flakes 
Graham Gold Fish 
Orange Tangerine Juice & Fruit Cocktail |
| Breakfast Hot Grab N Go  
Spicy Chicken Biscuit 
Orange Tangerine Juice 
Fresh Gala Apple | Breakfast Hot Grab N Go  
Turkey Sausage Biscuit 
Apple Juice & Diced Peaches | Breakfast Hot Grab N Go  
Pancake N Link 
Apple Juice | Breakfast Hot Grab N Go  
Chicken Biscuit 
Diced Fruit & Fresh Apple | Breakfast Hot Grab N Go  
Turkey Sausage Biscuit 
Apple Juice & Diced Peaches |
| Breakfast  Cold Grab N Go  
Blueberry Pop-Tarts 
Apple Juice 
Diced Apricots | Breakfast Grab N Go  
Frosted Mini Wheats with Biscuit 
Apple Juice | Breakfast Cold Grab N Go  
Frosted Flakes 
Mixed Fruit Juice 
Diced Peaches | Breakfast Grab N Go  
Turkey Sausage Biscuit 
Mixed Fruit Juice | Breakfast Grab N Go  
Beef Biscuit 
Mixed Fruit Juice 
Diced Peaches |
| Breakfast  Cold Grab N Go  
Reduced Sugar Fruit Loops & Graham Crackers  Orange Tangerine Juice 
Fresh Gala Apple | Breakfast Hot Grab N Go  
Turkey Sausage Biscuit 
Apple Juice & Diced Peaches | Breakfast Hot Grab N Go  
Pancake N Link 
Apple Juice | Breakfast Grab N Go  
Chicken Biscuit 
Orange Tangerine Juice 
Fresh Apple | Breakfast Hot Grab N Go  
Turkey Sausage Biscuit 
Apple Juice & Diced Peaches |
| Breakfast Cold Grab N Go  
Reduced Sugar Fruit Loops & Graham Crackers  Orange Tangerine Juice 
Fresh Gala Apple | Breakfast Hot Grab N Go  
Turkey Sausage Biscuit 
Apple Juice & Diced Peaches | Breakfast Hot Grab N Go  
Pancake N Link 
Apple Juice | Breakfast Grab N Go  
Chicken Biscuit 
Orange Tangerine Juice 
Fresh Apple | Breakfast Hot Grab N Go  
Turkey Sausage Biscuit 
Apple Juice & Diced Peaches |
| Breakfast Cold Grab N Go  
Reduced Sugar Fruit Loops & Graham Crackers  Orange Tangerine Juice 
Fresh Gala Apple | Breakfast Hot Grab N Go  
Turkey Sausage Biscuit 
Apple Juice & Diced Peaches | Breakfast Hot Grab N Go  
Pancake N Link 
Apple Juice | Breakfast Grab N Go  
Chicken Biscuit 
Orange Tangerine Juice 
Fresh Apple | Breakfast Hot Grab N Go  
Turkey Sausage Biscuit 
Apple Juice & Diced Peaches |
| Breakfast Cold Grab N Go  
Reduced Sugar Fruit Loops & Graham Crackers  Orange Tangerine Juice 
Fresh Gala Apple | Breakfast Hot Grab N Go  
Turkey Sausage Biscuit 
Apple Juice & Diced Peaches | Breakfast Hot Grab N Go  
Pancake N Link 
Apple Juice | Breakfast Grab N Go  
Chicken Biscuit 
Orange Tangerine Juice 
Fresh Apple | Breakfast Hot Grab N Go  
Turkey Sausage Biscuit 
Apple Juice & Diced Peaches |

**Monday, April 26**
- Breakfast Cold Grab N Go  
Reduced Sugar Fruit Loops & Graham Crackers  Orange Tangerine Juice 
Fresh Gala Apple
- Breakfast Hot Grab N Go  
Spicy Chicken Biscuit 
Orange Tangerine Juice 
Fresh Gala Apple

**Tuesday, April 27**
- Breakfast Cold Grab N Go  
Blueberry Pop-Tarts 
Mixed Fruit Juice 
Diced Apricots
- Breakfast Hot Grab N Go  
Turkey Sausage Biscuit 
Mixed Fruit Juice 
Diced Apricots

**Wednesday, April 28**
- Breakfast Grab N Go  
Frosted Mini Wheats with Biscuit 
Apple Juice
- Breakfast Hot Grab N Go  
Pancake N Link 
Apple Juice

**Thursday, April 29**
- Breakfast Cold Grab N Go  
Frosted Flakes with Graham Gold Fish 
Cheese Cubes 
Orange Tangerine Juice 
Fresh Apple
- Breakfast Grab N Go  
Turkey Sausage Biscuit 
Mixed Fruit Juice 
Diced Peaches

**Friday, April 30**
- Breakfast Cold Grab N Go  
Frosted Flakes with Graham Gold Fish 
Cheese Cubes 
Orange Tangerine Juice 
Fresh Apple
- Breakfast Grab N Go  
Cheese Cubes 
Orange Tangerine Juice 
Fresh Apple

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**Earth Day April 22**

**Keep it clean**

**NUTRITION TOGO**

Try to get in the habit of checking the labels on convenience foods marketed to kids. One dinner from a popular brand (containing chicken nuggets, mac and cheese, corn, and a dessert) contains all kinds of additives and chemicals, 9 grams of added sugar, and more than half a day's worth of sodium.

**A QUICK BITE FOR PARENTS**

**Happy Earth Day To You!**

April 22 is the “birthday” of Earth Day. The first was held in 1970!