

BREAKFAST MENU for all Pre-K to 8th grade schools, plus Brown and Capuano

APRIL 2019

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

Muffin with
Graham Crackers

2

Wheat French
Toast with
Blueberries

3

Yogurt Parfait

4

Egg and Cheese on
a Croissant

5

Wheat Waffles
with Strawberries

8

Oatmeal

9

Wheat Pancakes
with Warm Apple
Slices

10

Yogurt Parfait

11

Scrambled Eggs
with Toast

12

Wheat French
Toast with
Blueberries

15

NO SCHOOL

16

NO SCHOOL

17

NO SCHOOL

18

NO SCHOOL

19

NO SCHOOL

22

Muffin with
Graham Crackers

23

Wheat Waffles
with Strawberries

24

Yogurt Parfait

25

Egg and Cheese on
an English Muffin

26

Wheat Pancakes
with Warm Apple
Slices

29

Oatmeal

30

Wheat French
Toast with
Blueberries

When it comes to great-tasting nutrition, broccoli is an all-star food with many health benefits. It is low in calories and rich in essential vitamins and minerals, in addition to fiber. Broccoli belongs to a family of vegetables called cruciferous vegetables and its close relatives include brussel sprouts, cauliflower, and cabbage. A cup of cooked broccoli offers as much vitamin C as an orange, and is a good source of beta-carotene. Broccoli contains vitamins B1, B2, B3, B6, iron, magnesium, potassium, and zinc too. Broccoli is the vegetable of the month—so when you see it on the salad bar or lunch line add some on your tray!

Choices available every day:

Assorted low sugar cereals and grahams crackers (3), wheat bagels with low fat cream cheese. Fresh fruit and low-fat 1% or skim white milk daily.

