

# APRIL 2024

## BREAKFAST



**Nutrition Tip:** Make Fruit More Appealing. Make a fruit smoothie by blending fat-free or low-fat milk or yogurt with fresh or frozen fruit. Try bananas, peaches, strawberries, or other berries.



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

SPRING BREAK

1

SPRING BREAK

2

SPRING BREAK

3

SPRING BREAK

4

SPRING BREAK

5

GM Cereal Bowl  
100% Juice  
or Apple Sauce  
1% or Skim Milk

8

GM Cereal Bowl  
100% Juice  
or Apple Sauce  
1% or Skim Milk

9

GM Cereal Bowl  
100% Juice  
or Apple Sauce  
1% or Skim Milk

10

GM Cereal Bowl  
100% Juice  
or Apple Sauce  
1% or Skim Milk

11

GM Cereal Bowl  
100% Juice  
or Apple Sauce  
1% or Skim Milk

12

GM Cereal Bowl  
100% Juice  
or Apple Sauce  
1% or Skim Milk

15

GM Cereal Bowl  
100% Juice  
or Apple Sauce  
1% or Skim Milk

16

GM Cereal Bowl  
100% Juice  
or Apple Sauce  
1% or Skim Milk

17

GM Cereal Bowl  
100% Juice  
or Apple Sauce  
1% or Skim Milk

18

GM Cereal Bowl  
100% Juice  
or Apple Sauce  
1% or Skim Milk

19

GM Cereal Bowl  
100% Juice  
or Apple Sauce  
1% or Skim Milk

22

GM Cereal Bowl  
100% Juice  
or Apple Sauce  
1% or Skim Milk

23

GM Cereal Bowl  
100% Juice  
or Apple Sauce  
1% or Skim Milk

24

GM Cereal Bowl  
100% Juice  
or Apple Sauce  
1% or Skim Milk

25

GM Cereal Bowl  
100% Juice  
or Apple Sauce  
1% or Skim Milk

26

GM Cereal Bowl  
100% Juice  
or Apple Sauce  
1% or Skim Milk

29

GM Cereal Bowl  
100% Juice  
or Apple Sauce  
1% or Skim Milk

30

