

April 2018

ARCHBISHOP WALSH / STCS

BREAKFAST



School Information: ALL BRAEKFASTS CONSIST OF MAIN ENTRÉE, JUICE OR FRESH FRUIT AND MILK.



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

NO SCHOOL

2

EASTER

3

RECESS

4

NO SCHOOL

5

NO SCHOOL

6

ASSORTED BREAKFAST BARS

9

BAGEL W / CREAM CHEESE OR JELLY

10

CINNAMON ROLL

11

FRENCH TOAST STICKS SAUSAGE LINKS

12

CEREAL

13

CINNAMON ROLLS

16

ASSORTED MUFFINS

17

BISCUIT W / HONEY OR JELLY

18

BREAKFAST SAND.

19

NO SCHOOL IN SERVICE

20

CINNAMON ROLL

23

ASSORTED MUFFINS

24

BREAKFAST SAND.

25

ASSORTED BREAKFAST BARS

26

CEREAL

27

CEREAL

30

