



April 2021: Breakfast



NUTRITION TIP: Practice stealth health—sneak veggies into favorite foods. Go light on the meat and top the pizza with vegetables like tomatoes, onions, mushrooms, bell peppers and artichoke hearts

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	12 Breakfast Pizza fruit 1% Milk LF Chocolate Milk	13 Scrambled eggs and ham Fruit 1% Milk LF Chocolate Milk	14 Bagel Sandwich Fruit 1% Milk LF Chocolate Milk	15 yogurt parfait Fruit 1% Milk LF Chocolate Milk	16 pancakes w syrup Fruit 1% Milk LF Chocolate Milk	
	19 Breakfast Pizza fruit 1% Milk LF Chocolate Milk	20 eggs & sausage Fruit 1% Milk LF Chocolate Milk	21 Bagel Sandwich Fruit 1% Milk LF Chocolate Milk	22 yogurt parfait Fruit 1% Milk LF Chocolate Milk	23 oatmeal Fruit 1% Milk	
	26 Breakfast Pizza fruit 1% Milk LF Chocolate Milk	27 Scrambled eggs and bacon Fruit 1% Milk	28 Bagel Sandwich Fruit 1% Milk LF Chocolate Milk	29 yogurt parfait Fruit 1% Milk LF Chocolate Milk	30 Waffle w syrup Fruit 1% Milk LF Chocolate Milk	