

# April 2018

## CROSS COUNTY SCHOOL DISTRICT

### BREAKFAST



**School Information:** This is for the elementary and the high school. (Cereal HS) is just for high school.



**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

Donuts (or Cereal HS)  
Fruit  
Milk & Juice

2

### Tuesday

Pop Tart & String Cheese  
(Cereal HS)  
Fruit  
Milk & Juice

3

### Wednesday

French Toast  
(Cereal HS)  
Fruit  
Milk & Juice

4

### Thursday

Muffin & Yogurt  
(Cereal HS)  
Fruit  
Milk & Juice

5

### Friday

Sausage/biscuit  
(Cereal HS)  
Fruit  
Milk & Juice

6

Cereal Bar & Toast  
(Cereal HS)  
Fruit  
Milk & Juice

9

Breakfast Pizza  
(Cereal HS)  
Fruit  
Milk & Juice

10

Honey Bun  
(Cereal HS)  
Fruit  
Milk & Juice

11

Sausage Pancake  
(Cereal HS)  
Fruit  
Milk & Juice

12

Sausage/biscuit  
(Cereal HS)  
Fruit  
Milk & Juice

13

Bacon & Cheese Biscuit  
Fruit  
Milk & Juice

16

Dutch Waffle  
(Cereal HS)  
Fruit  
Milk & Juice

17

Cereal or Chicken Biscuit  
Fruit  
Milk & Juice

18

Donuts  
(Cereal HS)  
Fruit  
Milk & Juice

19

NO SCHOOL

20

Pop Tart & String Cheese  
(Breakfast Pizza or Cereal HS)  
Fruit  
Milk & Juice

23

French Toast  
(Cereal HS)  
Fruit  
Milk & Juice

24

Muffin & Yogurt  
(Cereal HS)  
Fruit  
Milk & Juice

25

Cereal Bar & Toast  
(Cereal HS)  
Fruit  
Milk & Juice

26

Sausage/Biscuit  
(Cereal HS)  
Fruit  
Milk & Juice

27

Breakfast Pizza  
(Cereal HS)  
Fruit  
Milk & Juice

30

