

April 2017

McCurdy Charter School

BREAKFAST



Choice of 1% or skim milk
Offered daily!
Menu subject to change



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

Cereal Bowl
orange smiles
milk

3

French toast sticks
syrup, diced pears
milk

4

Yogurt and granola
strawberry cup
apple juice
milk

5

Pancake on a stick
syrup
applesauce
milk

6

Cereal bowl
orange smiles
milk

7

Cereal Bowl
orange smiles
milk

10

Sausage and cheese on
English muffin
grape juice
grapes milk

11

Bagel, cream cheese
diced peaches
milk

12

Breakfast pizza
pineapple tidbits
milk

13

NO SCHOOL

14

SPRING BREAK

NO SCHOOL
SPRING BREAK

17

PB&J sandwich
strawberry cup
orange juice
milk

18

French toast sticks
syrup, diced pears
milk

19

Yogurt and granola
strawberry cup
apple juice
milk

20

Cereal Bowl
orange smiles
milk

21

Cereal Bowl
orange smiles
milk

24

Pancake on a stick
syrup
applesauce
milk

25

Sausage and cheese on
English muffin
grape juice
grapes milk

26

Bagel, cream cheese
diced peaches
milk

27

Cereal Bowl
orange smiles
milk

28

