

# April 2018

## 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  
orange juice  
milk

2

French toast sticks  
syrup  
diced pears  
milk

3

Sausage and cheese  
on English muffin  
grape juice strawberries  
milk

4

Peanut butter and jelly  
uncrustable apple  
Apple juice  
milk

5

Cereal Bowl  
orange smiles  
orange juice  
milk

6

Cereal Bowl  
orange smiles  
orange juice  
milk

9

Yogurt and granola  
diced peaches  
grape juice  
milk

10

Breakfast pizza  
pineapple tidbits  
apple juice  
milk

11

Pancake on a stick  
syrup  
grape juice strawberries  
milk

12

Cereal Bowl  
orange smiles  
orange juice  
milk

13

Cereal Bowl  
orange smiles  
orange juice  
milk

16

Bagel  
cream cheese  
diced peaches, grape juice  
milk

17

French toast sticks  
syrup  
diced pears  
milk

18

Sausage and cheese  
on English muffin  
grape juice strawberries  
milk

19

Cereal Bowl  
orange smiles  
orange juice  
milk

20

Cereal Bowl  
orange smiles  
orange juice  
milk

23

Peanut butter and jelly  
uncrustable apple  
Apple juice  
milk

24

Yogurt and granola  
diced peaches  
grape juice  
milk

25

Breakfast pizza  
pineapple tidbits  
apple juice  
milk

26

Cereal Bowl  
orange smiles  
orange juice  
milk

27

Cereal Bowl  
orange smiles  
orange juice  
milk

30

