

# APRIL 2022

# Roland-Story Elementary School

## BREAKFAST



**School Information:** Roland-Story CSD is an equal opportunity provider/employer.



**Nutrition Tip:** Make fruit more appealing. Make a fruit smoothie by blending fat-free or low-fat milk or yogurt with fresh or frozen fruit. Try bananas, peaches, strawberries, or other berries.



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY



**Milk offered daily:**  
White, Chocolate, and Strawberry Skim Milk  
White 1% Milk

Cereal  
Granola Bar  
Apple/Banana/Orange Milk **1**

French Toast Sticks  
Sausage Links  
Apple/Banana/Orange Milk **4**

Ham Breakfast Bar  
Graham Crackers  
Apple/Banana/Orange Milk **5**

Soft Cinnamon Toast  
Crunch Bar  
Apple/Banana/Orange Milk **6**

Sausage Pancake Stick  
Apple/Banana/Orange Milk **7**

Cereal  
Granola Bar  
Apple/Banana/Orange Milk **8**

Sausage, Egg, Potato, and Cheese Bites  
Apple/Banana/Orange Milk **11**

Ham Breakfast Bar  
Graham Crackers  
Apple/Banana/Orange Milk **12**

Cheese Omelet  
Graham Crackers  
Apple/Banana/Orange Milk **13**

Sausage Pancake Stick  
Apple/Banana/Orange Milk **14**

Cereal  
Granola Bar  
Apple/Banana/Orange Milk **15**

Bacon, Egg, and Cheese Biscuit  
Apple/Banana/Orange Milk **18**

Ham Breakfast Bar  
Graham Crackers  
Apple/Banana/Orange Milk **19**

Banana Chocolate Chip Bar  
Apple/Banana/Orange Milk **20**

Sausage Pancake Stick  
Apple/Banana/Orange Milk **21**

Cereal  
Granola Bar  
Apple/Banana/Orange Milk **22**

Ham Breakfast Bar  
Graham Crackers  
Apple/Banana/Orange Milk **25**

Cinnamon Soft Pretzel w/ Cream Cheese  
Apple/Banana/Orange Milk **26**

Bacon, Egg, & Cheese Boat  
Apple/Banana/Orange Milk **27**

Sausage Pancake Stick  
Apple/Banana/Orange Milk **28**

Cereal  
Granola Bar  
Apple/Banana/Orange Milk **29**