

April 2021

Roland-Story High School

BREAKFAST



This institution is an equal opportunity provider.



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

Sausage Pancake Stick
Apple/Banana/Orange
Milk

1

Cereal
Muffin
Apple/Banana/Orange
Milk

2

Ham Breakfast Bar
Graham Crackers
Apple/Banana/Orange
Milk

5

Sausage, Egg, & Cheese
Biscuit
Apple/Banana/Orange
Milk

6

Breakfast Pizza
Apple/Banana/Orange
Milk

7

Sausage Pancake Stick
Apple/Banana/Orange
Milk

8

Cereal
Pop Tart
Apple/Banana/Orange
Milk

9

Ham Breakfast Bar
Graham Crackers
Apple/Banana/Orange
Milk

12

French Toast Sticks
Sausage Links
Apple/Banana/Orange
Milk

13

Breakfast Pizza
Apple/Banana/Orange
Milk

14

Sausage Pancake Stick
Apple/Banana/Orange
Milk

15

Cereal
Graham Crackers
Apple/Banana/Orange
Milk

16

Ham Breakfast Bar
Graham Crackers
Apple/Banana/Orange
Milk

19

Mini Bagel w/Strawberry
Cream Cheese
Apple/Banana/Orange
Milk

20

Breakfast Pizza
Apple/Banana/Orange
Milk

21

Sausage Pancake Stick
Apple/Banana/Orange
Milk

22

Cereal
Muffin
Apple/Banana/Orange
Milk

23

Ham Breakfast Bar
Graham Crackers
Apple/Banana/Orange
Milk

26

Mini Pancakes
Apple/Banana/Orange
Milk

27

Breakfast Pizza
Apple/Banana/Orange
Milk

28

Sausage Pancake Stick
Apple/Banana/Orange
Milk

29

Cereal
Pop Tart
Apple/Banana/Orange
Milk

30