

# April 2021

## Holmes County High School

### BREAKFAST



**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



Pancake Pup Cereal Fruit **1**

Cinnamon Roll Pop-Tarts Fruit **2**

Chicken Croissant Cereal Fruit **5**

French Toast Sticks Cereal Fruit **6**

Mini Strawberry Bagels Cereal Fruit **7**

Southwest Sliders Pop-Tarts Fruit **8**

Pancakes Cereal Fruit **9**

Pancake Pup Cereal Fruit **12**

Blueberry Waffles Cereal Fruit **13**

Chocolate Chip French Toast Cereal Fruit **14**

Grilled Cheese Sandwich Cereal Fruit **15**

Chicken Biscuit Pop-Tarts Fruit Milk **16**

Sausage & Biscuits Cereal Fruit **19**

Maple Pancake Sandwich Cereal Fruit **20**

Pancake Pup Pop-Tarts Fruit **21**

Breakfast Burrito Cereal Fruit **22**

Breakfast Pizza Pop-Tarts Fruit **23**

TBA **26**

TBA **27**

TBA **28**

TBA **29**

TBA **30**