

# April 2021

## Coon Rapids-Bayard K-12

### BREAKFAST



**This institution is an equal opportunity 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



No School

5

Pretzel and Cheese

6

Cereal, Toast

Juice, Fruit, Milk

Glazed Donut

7

Cereal, Toast

Juice, Fruit, Milk

Omelet

1

Cereal, Toast

Juice, Fruit, Milk

No School

2

No School

5

Pretzel and Cheese

6

Cereal, Toast

Juice, Fruit, Milk

Glazed Donut

7

Cereal, Toast

Juice, Fruit, Milk

Omelet

1

Cereal, Toast

Juice, Fruit, Milk

No School

2

Pancakes

8

Cereal, Toast

Juice, Fruit, Milk

Long Johns

9

Cereal, Toast

Juice, Fruit, Milk

Breakfast Pizza

12

Cereal, Toast

Juice, Fruit, Milk

Waffles

13

Cereal, Toast

Juice, Fruit, Milk

Pancake/Sausage Bite

14

Cereal, Toast

Juice, Fruit, Milk

Muffins

15

Cereal, Toast

Juice, Fruit, Milk

Long Johns

16

Cereal, Toast

Juice, Fruit, Milk

French Toast Sticks

19

Cereal, Toast

Juice, Fruit, Milk

Biscuits and Gravy

20

Cereal, Toast

Juice, Fruit, Milk

Glazed Donut

21

Cereal, Toast

Juice, Fruit, Milk

Breakfast Cookie

22

Cereal, Toast

Juice, Fruit, Milk

Long Johns

23

Cereal, Toast

Juice, Fruit, Milk

Yogurt

26

Cereal, Toast

Juice, Fruit, Milk

Omelet

27

Cereal, Toast

Juice, Fruit, Milk

Cream Cheese Croiss

28

Cereal, Toast

Juice, Fruit, Milk

Choc, Chip Pancakes

29

Cereal, Toast

Juice, Fruit, Milk

Long Johns

30

Cereal, Toast

Juice, Fruit, Milk