

K-12 Breakfast Menu

April 2018

Families Making the  
 Connection  
 Every Kid Healthy


Every Kid Healthy™ Week is an annual observance designed to celebrate schools' wellness achievements. Observed the last week of April each year, this special week shines a spotlight on the obesity epidemic affecting our children and provides an opportunity for everyone in the country to get involved in its solutions: sound nutrition, regular physical activity and health-promoting school programs.

To celebrate *Every Kid Healthy Week*, schools can implement wellness initiatives to promote and reinforce healthy eating, nutrition education, and physical education and activity in order to increase student achievement.

- Host a healthy taste test with fruits, vegetables, whole grains or lowfat dairy.
- Ask the physical education teacher or a local gym to provide a Zumba or yoga class for students, school staff and their families.
- Host a recreational field day for students and invite families to participate.
- Challenge students, staff and their families to participate in a school walk-a-thon.

Get involved:

- Join us in the cafeteria, in the classroom and on the playground during *Every Kid Healthy Week* to help schools celebrate healthy school environments.
- Take the *Every Kid Healthy* pledge. Join the movement to end childhood obesity.
- Find more info and how you can help at [www.actionforhealthykids.org](http://www.actionforhealthykids.org).

Monday, April 2	Tuesday, April 3	Wednesday, April 4	Thursday, April 5	Friday, April 6
	Chicken Sausage Bites w/ syrup 100% Fruit Juice Fruit	WG Chocolate Crescent 100% Fruit Juice Fruit	Tornado 100% Fruit Juice Fruit	Cereal Bar Yogurt Cup 100% Fruit Juice Fruit
Monday, April 9	Tuesday, April 10	Wednesday, April 11	Thursday, April 12	Friday, April 13
Cereal 100% Fruit Juice Fruit	Cinnamon Rolls 100% Fruit Juice Fruit	Breakfast Boats 100% Fruit Juice Fruit	Chicken Biscuit Sandwich 100% Fruit Juice Fruit	Pancake on a Stick w/ syrup
Monday, April 16	Tuesday, April 17	Wednesday, April 18	Thursday, April 19	Friday, April 20
French Toast Sticks w/ syrup 100% Fruit Juice Fruit	Oatmeal Bar Yogurt cup 100% Fruit Juice Fruit	WW Bagel 100% Fruit Juice Fruit	Donut 100% Fruit Juice Fruit	Breakfast Pizza 100% Fruit Juice Fruit
Monday, April 23	Tuesday, April 24	Wednesday, April 25	Thursday, April 26	Friday, April 27
WG Cereal String cheese 100% Fruit Juice Fruit	Pancake on a stick w/ syrup 100% Fruit Juice Fruit	Biscuit & Gravy 100% Fruit Juice Fruit	Sausage Breakfast Sandwich 100% Fruit Juice Fruit	WG Muffin 100% Fruit Juice Fruit
Monday, April 30				
Waffles w/ syrup 100% Fruit Juice Fruit				1% Low-fat Milk & Fat Free Chocolate Milk offered with Breakfast and Lunch

- April**
- Global Child Nutrition Month
  - National Garden Day
  - Earth Day (April 22)
  - Every Kid Healthy Week (Last week in April)

**Menus are subject to change.**

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This institution is an equal opportunity provider.