



**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.

# BREAKFAST

## MONDAY



**NO SCHOOL**

06

## TUESDAY



WG Mini Cinni Roll 1 ea.  
Yogurt 1 ea.  
Fruit Cup 4 oz  
Juice Cup 4 oz  
Milk 8Fl oz

07

## WEDNESDAY

WG Breakfast Pizza 1 ea.  
Yogurt 1 ea.  
Fruit Cup 4 oz  
Juice Cup 4 oz  
Milk 8Fl oz

01

## THURSDAY

**No School**

02

## FRIDAY

\*This institution is an equal opportunity provider.  
**NO SCHOOL**

03

Cheese Omelet 1 ea.  
Hashbrown 1 ea.  
Fruit Cup 4 oz  
Juice Cup, Milk 4 oz, 8 Fl

13

WG Pancakes 1 pkg  
String Cheese 1 ea.  
Fruit cup 4 oz  
Juice Cup 4 oz  
Milk 8 Fl oz

04

WG Assorted Cereal 3/4c  
Yogurt 1Ea.  
Fruit Cup 4 oz  
Juice Cup, Milk 4 oz, 8 Fl

15

WG Assorted Muffins 1 ea.  
Yogurt 1 ea.  
Fruit Cup 4 oz  
Juice Cup, Milk 4 oz, 8Fl

16

WG Mini Cinni Roll 1 ea.  
String Cheese 1 ea.  
Fruit Cup 4 oz  
Juice Cup 4 oz  
Milk 8 Fl oz

07

WG Breakfast Pizza 1 ea.  
String Cheese 1 ea.  
Fruit Cup 4 oz  
Juice Cup 4 oz  
Milk 8 Fl oz

20

WG Assorted Muffins 1 ea.  
Yogurt 1 ea.  
Fruit Cup 4 oz  
Juice Cup 4 oz  
Milk 8 Fl oz

08

WG Pancakes 1 pkg  
String Cheese 1 ea.  
Fruit Cup 4 oz  
Juice Cup 4 oz  
Milk 8 Fl oz

22

WG Mini Cinni Roll 1 ea.  
Yogurt 1 ea.  
Fruit Cup 4 oz  
Juice Cup 4 oz  
Milk 8 Fl oz

23

Scrambled Eggs 2 oz  
Asst WG Muffin 2 oz  
Fruit Cup 4 oz  
Juice Cup 4 oz  
Milk 8 Fl oz

24

Cheese Omelet 1 ea.  
Hashbrown 1 ea.  
Fruit Cup 4 oz  
Juice Cup 4 oz  
Milk 8 Fl oz

27

WG Assorted Cereal 3/4c  
Yogurt 1 ea.  
Fruit Cup 4 oz  
Juice Cup 4 oz  
Milk 8 Fl oz

28

WG Breakfast Pizza 1 ea.  
String Cheese 1 ea.  
Fruit Cup 4 oz  
Juice Cup 4 oz  
Milk 8 Fl oz

29

WG Assorted Muffins 1ea.  
Yogurt 1 ea.  
Fruit Cup 4 oz  
Juice Cup 4 oz  
Milk 8 Fl oz

30

- WG =Whole Grain
- 1 percent milk provided daily.



# St. John's Lutheran School

# APRIL 2026