



# St. Lawrence School Breakfast

April

2024

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

1 <b>No School</b> <b>EASTER MONDAY</b>	2 Assorted Cereal w/Graham Crackers Juice/Fruit Milk	3 Bagel with Cream Cheese Juice/Fruit Milk	4 Egg and Cheese On a Roll Juice/Fruit Milk	5 Assorted Cereal w/Graham Crackers Juice/Fruit Milk
---	--	---	---	---

WEEKLY AVERAGE NUTRITIONALS: CALORIES – 350-500; SATURATED FAT - <10%; SODIUM - <540mg

8 Whole Grain Chocolate Chip Muffin w/Graham Crackers Juice/Fruit Milk	9 Pancakes Juice/Fruit Milk	10 Apple Frudel Juice/Fruit Milk	11 Egg and Cheese On a Roll Juice/Fruit Milk	12 Assorted Cereal w/Graham Crackers Juice/Fruit Milk
--	--------------------------------------	---	--	--

NonFat Chocolate or 1% Milk offered daily

15 <b>No school</b>	16 <b>No school</b> <b>SPRING</b>	17 <b>No school</b>	18 <b>No school</b> <b>VACATION</b>	19 <b>No school</b>
------------------------	---	------------------------	---	------------------------

Fresh Fruit Basket Offered Daily

22 Bagel with Cream Cheese Juice/Fruit Milk	23 Chocolate Mini Doughnuts Juice/Fruit Milk	24 Cherry Frudel Juice/Fruit Milk	25 Egg and Cheese On a Roll Juice/Fruit Milk	26 Assorted Cereal w/Graham Crackers Juice/Fruit Milk
---	--	--	--	--

WEEKLY AVERAGE NUTRITIONALS: CALORIES – 350-500; SATURATED FAT - <10%; SODIUM - <540mg

29 Whole Grain Banana Muffin w/Graham Crackers Juice/Fruit Milk	30 Blueberry Bread Juice/Fruit Milk			
--	--	--	--	--

WEEKLY AVERAGE NUTRITIONALS: CALORIES – 350-500; SATURATED FAT - <10%; SODIUM - <540mg

