

APRIL 2022

ESCAMBIA CHRISTIAN SCHOOL

BREAKFAST



School Information: ALL MEALS ARE SERVED WITH FAT FREE CHOCOLATE MILK, 1% WHITE MILK, OR WATER.



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



MUFFINS
SLICED APPLES **1**

NUTRI GRAIN BAR
SLICED ORANGES **4**

(WG) POP TART
APPLES **5**

CHEWY GRANOLA BAR
GRAPES **6**

YOGURT
GRAHAM CRACKERS **7**

(WG) POP TART
ORANGES **8**

MUFFINS
BANANAS **11**

NUTRI GRAIN BAR
GRAPES **12**

CEREAL
APPLE **13**

GRAHAM CRACKERS
YOGURT **14**

GOOD FRIDAY
NO SCHOOL **15**

(WG) POP TARTS
ORANGES **18**

CEREAL
GRAPES **19**

GRANOLA BAR
STRAWBERRIES **20**

MUFFINS
APPLE **21**

CEREAL
STRAWBERRIES **22**

MUFFINS
ORANGES **25**

GRANOLA BAR
BANANAS **26**

CEREAL
ORANGES **27**

GRAHAM CRACKERS
YOGURT **28**

(WG) POP TARTS
GRAPES **29**