

APRIL 2022

Stoutland School

BREAKFAST



Stoutland school is an equal opportunity provider



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



Chocolate muffin 4
Cereal
Fruit
milk

French toast sticks 5
Cereal
Fruit
milk

Donut 6
Cereal
Fruit
milk

Pancake on a stick 7
Cereal
Fruit
milk



Cinnamon roll 11
Cereal
Fruit
milk

Waffles w/syrup 12
Cereal
Fruit
milk

Sausage biscuit 13
Cereal
Fruit
milk

Colby egg 14
Corn muffin
Cereal
Fruit, milk

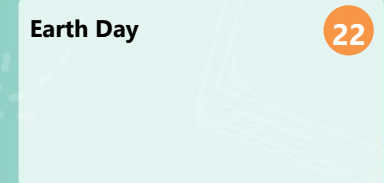


Banana muffin 18
Cereal
Fruit
milk

French toast sticks 19
Cereal
Fruit
milk

Donut 20
Cereal
Fruit
milk

Pancake on a stick 21
Cereal
Fruit
milk



Cinnamon roll 25
Cereal
Fruit
milk

Waffles w/syrup 26
Cereal
Fruit
milk

Sausage biscuit 27
Cereal
Fruit
milk

Colby egg 28
Corn muffin
Cereal
Fruit, milk

