

April 2018

Resurrection Catholic Middle and High School

BREAKFAST



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.
This institution is an equal opportunity provider and employer



Monday

Tuesday

Wednesday

Thursday

Friday

2

SPRING BREAK

3

SPRING BREAK

4

SPRING BREAK

5

SPRING BREAK

6

SPRING BREAK

1)Sausage Biscuit/Grits
2)Cereal/Pop Tart
Fruit

9

1)French Toast Stick
2)Cereal/Pop Tart
3)Parfaits
Fruit

10

1)Breakfast Pizza
2)Cereal/Pop Tart
Fruit

11

1)Grilled Cheese
2)Cereal/Pop Tart
3) Parfait
Fruit

12

1)Grits/Sausage/Eggs
Toast
2)Cereal/Pop Tart
Fruit

13

1)Mini Pancake/Sausag
2)Cereal/Pop Tart
Fruit

16

1)Chicken Biscuit/Gravy
2)Cereal/Pop Tart
3)Parfaits
Fruit

17

1)Scrambled Eggs
Sausage/Toast/Grits
2)Cereal/Pop Tart
Fruit

18

1)Breakfast Pizza
2)Cereal/Pop Tart
3)Parfaits
Fruit

19

1)Breakfast Bagel
2)Cereal/Pop Tart
Fruit

20

1) Cheese Omelet
Biscuit
2)Cereal/Pop Tart
Fruit

23

1)Breakfast Burrito
2)Cereal/Pop Tart
3)Parfaits
Fruit

24

1)Cinna Mini
2)Cereal/Pop Tart
Fruit

25

1)Mini Waffle/Sausage
2)Cereal/Pop Tart
3)Parfaits
Fruit

26

1)Grits/Sausage/Toast
2)Cereal/Pop Tart
Fruit

27

1)French Toast Sticks
2)Cereal/Pop Tart
Fruit

30

