



Leonora Public Schools

April 2018
Breakfast Menu

Get a Healthy Start to Your Day with School Breakfast!

Did you know, if you are approved for free or reduced lunch, you are also eligible for breakfast!

Student Breakfast
\$1.70

Adult Breakfast
\$2.20

Reduced Breakfast
\$0.30

take time for
school
BREAKFAST



NUTRITION NEWS:

Eat the Colors of the Rainbow Week

Did you know that by eating a variety of colorful fruits and vegetables you are able to get a variety of different vitamins and minerals? Each vitamin and mineral gives you a special "superpower" or benefit! For example, that orange pigment in carrots and sweet potatoes otherwise known as beta-carotene aids in keeping good eye health and vision. This April, challenge yourself to eat a variety of different colored fruits & vegetables...your body will thank you later!

Monday	Tuesday	Wednesday	Thursday	Friday
2 Pancakes with Sausage Assorted Fruit 100% Juice Milk Selection	3 Assorted Breakfast Sandwiches Assorted Fruit 100% Juice Milk Selection	4 Yogurt Parfait Assorted Fruit 100% Juice Milk Selection	5 Assorted Breakfast Sandwiches Assorted Fruit 100% Juice Milk Selection	6 French Toast with Maple Syrup Assorted Fruit 100% Juice Milk Selection
9 Pancakes with Sausage Assorted Fruit 100% Juice Milk Selection	10 Assorted Breakfast Sandwiches Assorted Fruit 100% Juice Milk Selection	11 Yogurt Parfait Assorted Fruit 100% Juice Milk Selection	12 Assorted Breakfast Sandwiches Assorted Fruit 100% Juice Milk Selection	13 French Toast with Maple Syrup Assorted Fruit 100% Juice Milk Selection
16	17	18	19	20
<h2>Spring Recess! School Closed</h2>				
23 Pancakes with Sausage Assorted Fruit 100% Juice Milk Selection	24 Assorted Breakfast Sandwiches Assorted Fruit 100% Juice Milk Selection	25 Yogurt Parfait Assorted Fruit 100% Juice Milk Selection	26 Assorted Breakfast Sandwiches Assorted Fruit 100% Juice Milk Selection	27 French Toast with Maple Syrup Assorted Fruit 100% Juice Milk Selection
30 Pancakes with Sausage Assorted Fruit 100% Juice Milk Selection				

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MENU SUBJECT TO CHANGE

"This institution is an equal opportunity provider"