

April Elementary & Middle School Breakfast Menu

This printable version of the menu will replace the printed menus provided by the schools

Monday	Tuesday	Wednesday	Thursday	Friday
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3	4	5	6	7
<p>Oatmeal Benefit Bar (WSEM) OR Frosted Flakes (WS), Chocolate Mini Wheats (WS), Fruity Cheerios (W), Golden Grahams (W), Rice Krispies, Graham Crackers (WS)</p> <p>Mandarin Orange Cup</p> <p>100% Apple Juice, 1% Low Fat Milk (M) or Fat Free Chocolate Milk (M)</p>	<p>Maple Blast Pancakes (WSEM) OR Frosted Flakes (WS), Chocolate Mini Wheats (WS), Fruity Cheerios (W), Golden Grahams (W), Rice Krispies, Graham Crackers (WS)</p> <p>Pear Fruit Cup</p> <p>100% Orange Juice, 1% Low Fat Milk (M) or Fat Free Chocolate Milk (M)</p>	<p>Whole Grain Bagel (WS) w/ Cream Cheese (M) OR Frosted Flakes (WS), Chocolate Mini Wheats (WS), Fruity Cheerios (W), Golden Grahams (W), Rice Krispies, Graham Crackers (WS)</p> <p>Peaches Cup</p> <p>100% Apple Juice, 1% Low Fat Milk (M) or Fat Free Chocolate Milk (M)</p>	<p>Sausage & Gravy Biscuit (WSEMP) OR Frosted Flakes (WS), Chocolate Mini Wheats (WS), Fruity Cheerios (W), Golden Grahams (W), Rice Krispies, Graham Crackers (WS)</p> <p>Blood Orange</p> <p>100% Orange Juice, 1% Low Fat Milk (M) or Fat Free Chocolate Milk (M)</p>	<p>Breakfast Treat (WSEM) OR Frosted Flakes (WS), Chocolate Mini Wheats (WS), Fruity Cheerios (W), Golden Grahams (W), Rice Krispies, Graham Crackers (WS)</p> <p>Peaches Fruit Cup</p> <p>100% Apple Juice, 1% Low Fat Milk (M) or Fat Free Chocolate Milk (M)</p>
10	11	12	13	14
<p>French Toast Benefit Bar (WSEM) OR Frosted Flakes (WS), Chocolate Mini Wheats (WS), Fruity Cheerios (W), Golden Grahams (W), Rice Krispies, Graham Crackers (WS)</p> <p>Dole Peaches Cup</p> <p>100% Orange Juice, 1% Low Fat Milk (M) or Fat Free Chocolate Milk (M)</p>	<p>Cherry Danish (WSM) OR Frosted Flakes(WS), Chocolate Mini Wheats (WS), Fruity Cheerios (W), Golden Grahams (W), Rice Krispies, Graham Crackers (WS)</p> <p>Mandarin Orange Cup</p> <p>100% Apple Juice, 1% Low Fat Milk (M) or Fat Free Chocolate Milk (M)</p>	<p>Ham & Cheese B'fast Sandwich (WSEM) OR Frosted Flakes (WS), Chocolate Mini Wheats (WS), Fruity Cheerios (W), Golden Grahams (W), Rice Krispies, Graham Crackers (WS)</p> <p>Dole Peaches Cup</p> <p>100% Orange Juice, 1% Low Fat Milk (M) or Fat Free Chocolate Milk (M)</p>	<p>Berry Blast French Toast (WSEM) OR Frosted Flakes (WS), Chocolate Mini Wheats (WS), Fruity Cheerios (W), Golden Grahams (W), Rice Krispies, Graham Crackers (WS)</p> <p>Blood Orange</p> <p>100% Apple Juice, 1% Low Fat Milk (M) or Fat Free Chocolate Milk (M)</p>	<p>Breakfast Treat (WSEM) OR Frosted Flakes (WS), Chocolate Mini Wheats (WS), Fruity Cheerios (W), Golden Grahams (W), Rice Krispies, Graham Crackers (WS)</p> <p>Pears Fruit Cup</p> <p>100% Apple Juice, 1% Low Fat Milk (M) or Fat Free Chocolate Milk (M)</p>

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Monday	Tuesday	Wednesday	Thursday	Friday
17	18	19	20	21
Banana Benefit Bar(WSEM) OR Frosted Flakes (WS), Mini Wheats (WS), Fruity Cheerios (W), Golden Grahams (W), Rice Krispies, Graham Crackers (WS) Mandarin Orange Fruit Cup, 100% Apple Juice 1% Milk(M) or Fat Free Chocolate Milk(M)	B'fast Pizza (WESM) OR Frosted Flakes (WS), Mini Wheats (WS), Fruity Cheerios (W), Golden Grahams (W), Rice Krispies, Graham Crackers (WS) Dole Peaches Cup, 100% Orange Juice 1% Milk(M) or Fat Free Chocolate Milk(M)	Fluffy Golden Pancakes with Maple Syrup(WSEM) OR Frosted Flakes (WS), Mini Wheats (WS), Fruity Cheerios (W), Golden Grahams (W), Rice Krispies, Graham Crackers (WS) Applesauce Cup, 100% Apple Juice 1% Milk(M) or Fat Free Chocolate Milk(M)	Egg and Potato Breakfast Burrito(WSEM) OR Frosted Flakes (WS), Mini Wheats (WS), Fruity Cheerios (W), Golden Grahams (W), Rice Krispies, Graham Crackers (WS) Blood Orange, 100% Orange Juice 1% Low Fat Milk(M) or Fat Free Chocolate Milk(M)	Breakfast Treat(WSEM) OR Frosted Flakes (WS), Mini Wheats (WS), Fruity Cheerios (W), Golden Grahams (W), Rice Krispies, Graham Crackers (WS) Dole Peaches Fruit Cup, 100% Apple Juice 1 % Milk(M) or Fat Free Chocolate Milk(M)
24	25	26	27	28
French Toast Benefit Bar (WSEM) OR Frosted Flakes (WS), Chocolate Mini Wheats (WS), Fruity Cheerios (W), Golden Grahams (W), Rice Krispies, Graham Crackers (WS) Applesauce 100% Orange Juice, 1% Low Fat Milk (M) or Fat Free Chocolate Milk (M)	Mini Blueberry Waffles(WSEM) OR Frosted Flakes (WS), Mini Wheats (WS), Fruity Cheerios (W), Golden Grahams (W), Rice Krispies, Graham Crackers (WS) Applesauce, 100 % Apple Juice 1% Milk(M) or Fat Free Chocolate Milk(M)	Banana Muffin (WSEM) OR Frosted Flakes (WS), Mini Wheats (WS), Fruity Cheerios (W), Golden Grahams (W), Rice Krispies, Graham Crackers (WS) Applesauce Cup, 100%Orange Juice 1% Low Fat Milk(M) or Fat Free Chocolate Milk(M)	Berry Blast French Toast (WSEM) OR Frosted Flakes (WS), Chocolate Mini Wheats (WS), Fruity Cheerios (W), Golden Grahams (W), Rice Krispies, Graham Crackers (WS) Blood Orange, 100% Apple Juice 100% Apple Juice, 1% Low Fat Milk (M) or Fat Free Chocolate Milk (M)	Breakfast Treat(WSEM) OR Frosted Flakes (WS), Mini Wheats (WS), Fruity Cheerios (W), Golden Grahams (W), Rice Krispies, Graham Crackers (WS) Dole Pear Fruit Cup, 100% Orange Juice 1 % Milk(M) or Fat Free Chocolate Milk(M)

Key to ingredients:

The item may contain: eggs (E), fish (F), milk (M), pork (P), soy (S), wheat (W). Student Nutrition does not serve or use any products that contain peanuts, tree nuts, or shellfish.

Breakfast is available at these schools:

Elementary: Abbott Loop, Airport Heights, Alaska Native Cultural Charter, Aurora, Bowman, Campbell, College Gate, Creekside Park, Denali MONTessori, Eagle River, Fairview, Gladys Wood, Government Hill, Kasuun, Lake Hood, Mountain View, Mount Illiamna, North Star, Northern Lights ABC, Orion, Rogers Park, Russian Jack, Sand Lake, Scenic Park, Susitna, Tudor, Turnagain, Ursa Major, Ursa Minor, Whaley, Wonder Park. **Middle:** Central, Gruening, Hanshew, Mears, Mirror Lake, Romig

Breakfast Variations:

Breakfast in the Classroom schools do not get the second choice each day: Baxter, Chester Valley, Chinook, Klatt, Lake Otis, Muldoon, Northwood, Nunaka Valley, Ptarmigan, Russian Jack, Susitna, Taku, Tyson, Williwaw, Willow Crest and Wendler Middle School. **Breakfast Grab and Go:** Begich and Clark

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