

April 2018

Pleasant Ridge Elementary School

BREAKFAST



Pleasant Ridge Rams!



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. Menus are subject to change



Monday

Cereal 2 varieties **2**
Pop-tart or Strudel
100% fruit juice 3 varieties
Fruit
Pancake On A Stick (GOLD)

Tuesday

Cereal 2 varieties **3**
Pop-tart or Strudel
100% fruit juice 3 varieties
Fruit
(BLUE)

Wednesday

Cereal 2 varieties **4**
Pop-tart or Strudel
100% fruit juice 3 varieties
Fruit / Donut
(GOLD)

Thursday

Cereal 2 varieties **5**
Pop-tart or Strudel
100% fruit juice 3 varieties
Fruit / Tornado
(BLUE)

Friday

Cereal 2 varieties **6**
Pop-tart or Strudel
100% fruit juice 3 varieties
Fruit / Donut
(GOLD)

Cereal 2 varieties **9**
Pop-tart or Strudel
100% fruit juice 3 varieties
Fruit
Breakfast Pizza (BLUE)

Cereal 2 varieties **10**
Pop-tart or Strudel
100% fruit juice 3 varieties
Fruit
(GOLD)

LATE START! **11**
Cereal 2 varieties
Pop-tart or Strudel
100% fruit juice 3 varieties
Fruit / Donut

Cereal 2 varieties **12**
Pop-tart or Strudel
100% fruit juice 3 varieties
Fruit / Biscuit & Gravy
(BLUE)

Cereal 2 varieties **13**
Pop-tart or Strudel
100% fruit juice 3 varieties
Fruit / Donut
(GOLD)

Cereal 2 varieties **16**
Pop-tart or Strudel
100% fruit juice 3 varieties
Fruit
Breakfast Sandwich (BLUE)

Cereal 2 varieties **17**
Pop-tart or Strudel
100% fruit juice 3 varieties
Fruit
(GOLD)

Cereal 2 varieties **18**
Pop-tart or Strudel
100% fruit juice 3 varieties
Fruit / Donut
(BLUE)

Cereal 2 varieties **19**
Pop-tart or Strudel
100% fruit juice 3 varieties
Fruit / Tornado
(GOLD)

Cereal 2 varieties **20**
Pop-tart or Strudel
100% fruit juice 3 varieties
Fruit / Donut (BLUE)

Cereal 2 varieties **23**
Pop-tart or Strudel
100% fruit juice 3 varieties
Fruit
Breakfast Pizza (GOLD)

Cereal 2 varieties **24**
Pop-tart or Strudel
100% fruit juice 3 varieties
Fruit
(BLUE)

Cereal 2 varieties **25**
Pop-tart or Strudel
100% fruit juice 3 varieties
Fruit / Donut (GOLD)

Cereal 2 varieties **26**
Pop-tart or Strudel
100% fruit juice 3 varieties
Fruit / Biscuit & Gravy
(BLUE)

Cereal 2 varieties **27**
Pop-tart or Strudel
100% fruit juice 3 varieties
Fruit / Donut (GOLD)

Cereal 2 varieties **30**
Pop-tart or Strudel
100% fruit juice 3 varieties
Fruit
Pancake On A Stick (BLUE)

