

# April 2018

## Pleasant Ridge Middle 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

#### Tuesday

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

#### Wednesday

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

#### Thursday

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

#### Friday

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

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

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

Cereal 2 varieties **11**  
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

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

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

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

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

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

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

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

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

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

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

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

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

