

April 2018

Pleasant Ridge High 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

