

APRIL 2023

Ponce de Leon High School

BREAKFAST



SERVED DAILY: MILK, ORANGE JUICE, FRUIT, AND CONDIMENTS AS NEEDED.



Nutrition Tip: Make Fruit More Appealing. Make a fruit smoothie by blending fat-free or low-fat milk or yogurt with fresh or frozen fruit. Try bananas, peaches, strawberries, or other berries.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Donut Holes
Assorted Pop Tarts
Milk
Orange juice
Fruit

3

Biscuit & Gravy
Milk
Orange Juice
Fruit

4

Strawberry Bagel
Assorted Pop Tart
Milk
Orange Juice
Fruit

5

Blueberry Muffins
Assorted Pop Tart
Milk
Orange Juice
Fruit

6

Waffles
Milk
Orange Juice
Fruit

7

Donut Holes
Assorted Cereal
Milk
Orange Juice
Fruit

10

Chicken Croissant
Milk
Orange Juice
Fruit

11

Super Donut
Assorted Cereal
Milk
Orange Juice
Fruit

12

Mini Cinni's
Assorted Cereal
Milk
Orange Juice
Fruit

13

Pancakes
Milk
Orange Juice
Fruit

14

Donut Holes
Assorted Pop Tart
Milk
Orange Juice
Fruit

17

Reptile Biscuit
Milk
Orange Juice
Fruit

18

Choc. Chip French Toast
Assorted Pop Tart
Milk
Orange Juice
Fruit

19

Blueberry Muffin
Assorted Pop Tart
Milk
Orange Juice
Fruit

20

French Toast
Milk
Orange Juice
Fruit

21

Donut Holes
Assorted Cereal
Milk
Orange Juice
Fruit

24

Biscuit & Gravy
Milk
Orange Juice
Fruit

25

Breakfast Pizza
Assorted Cereal
Milk
Orange Juice
Fruit

26

French Toast Sticks
Milk
Orange Juice
Fruit

27

Shark Biscuit
Milk
Orange Juice
Fruit

28