

This institution is an equal opportunity provider

April 2021 SFSP K-12 Bag Breakfast Menu No Cereal

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Food, but Not Food			Pop Tart (1 item)	Assorted Cereal Bar (1 item)
Three Items meet USDA Requirements (One item must be fruit)	Oatmeal is a popular ingredient in many skin soothing lotions and creams. Citrus fruits act as natural deodorizer and insect repellent. Salt and lemon mixture removes rust.			100% 4 oz Juice (1 item)	100% 4 oz Juice (1 item)
Week III	Ketchup removes tarnish from brass fixtures.			Second Item (1 Item) *	Second item (1 item) *
				Milk (OVS)	Milk (OVS)
	* Second Item in breakfast could be one of the following: Applesauce, Craisins, Cheese Stick, Cereal Bar (all options are 1 item each) * Chef's Choice may be offered daily				
Breakfast	5 Strawberry Boli Pastry (1 item)	6 Corn Muffin (1 Item)	7 WG Apple Donut (1 Item)	8 Mini Cinnis (1 Item)	9 Assorted Cereal Bar (1 Item)
Three Items meet USDA Requirements (One item must be fruit)	100% 4 oz Juice (1 item)	100% 4 oz Juice (1 item)	100% 4 oz Juice (1 item)	100% 4 oz Juice (1 item)	100% 4 oz Juice (1 item)
	Second Item (1 Item) *	Second Item (1 Item) *	Second Item (1 item) *	Second Item (1 Item) *	Second Item (1 Item) *
	Milk (OVS)	Milk (OVS)	Milk (OVS)	Milk (OVS)	Milk (OVS)
Week IV	* Second Item in breakfast could be one of the following: Applesauce, Craisins, Cheese Stick, Cereal Bar (all options are 1 item each) * Chef's Choice may be offered daily				
Breakfast	12 Assorted Breakfast Bread (1 item)	13 Assorted Cereal Bar (1 item)	14 Pop Tart (1 item)	15 Strawberry Fruit Boli (1 Item)	16 Assorted Cereal Bar (1 item)
Three Items meet USDA Requirements (One item must be fruit)	100% 4 oz Juice (1 item)	100% 4 oz Juice (1 item)	100% 4 oz Juice (1 item)	100% 4 oz Juice (1 item)	100% 4 oz Juice (1 item)
	Second Item (1 Item) *	Second item (1 Item) *	Second Item (1 Item) *	Second item (1 Item) *	Second Item (1 Item) *
	Milk (OVS)	Milk (OVS)	Milk (OVS)	Milk (OVS)	Milk (OVS)
Week V	* Second Item in breakfast could be one of the following: Applesauce, Craisins, Cheese Stick, Cereal Bar (all options are 1 item each) * Chef's Choice may be offered daily				
Breakfast	19 1.5 oz Breakfast Brekkie (1 item)	20 Honey Bun (1 Item)	21 Assorted Muffin (1 item)	22 Stuffed Cream Cheese Bagel (1 Item)	23 Buttery Maple Waffle (1 Item)
Three Items meet USDA Requirements (One item must be fruit)	100% 4 oz Juice (1 item)	100% 4 oz Juice (1 item)	100% 4 oz Juice (1 item)	100% 4 oz Juice (1 item)	100% 4 oz Juice (1 item)
	Second Item (1 item) *	Second item (1 Item) *	Second Item (1 Item) *	Second item (1 Item) *	Second Item (1 Item) *
	Milk (OVS)	Milk (OVS)	Milk (OVS)	Milk (OVS)	Milk (OVS)
Week VI	* Second Item in breakfast could be one of the following: Applesauce, Craisins, Cheese Stick, Cereal Bar (all options are 1 item each) * Chef's Choice may be offered daily				
Breakfast	26 Assorted Cereal Bar (1 item)	27 Mini French Toast Bag (1 Item)	28 Mini Cinnis (1 Item)	29 WG Apple Donut (1 Item)	30 Assorted Cereal Bar (1 item)
Three Items meet USDA Requirements (One item must be fruit)	100% 4 oz Juice (1 item)	100% 4 oz Juice (1 item)	100% 4 oz Juice (1 item)	100% 4 oz Juice (1 item)	100% 4 oz Juice (1 item)
	Second Item (1 Item) *	Second Item (1 Item) *	Second Item (1 Item) *	Second Item (1 Item) *	Second Item (1 Item) *
	Milk (OVS)	Milk (OVS)	Milk (OVS)	Milk (OVS)	Milk (OVS)
Week I	* Second Item in breakfast could be one of the following: Applesauce, Craisins, Cheese Stick, Cereal Bar (all options are 1 item each) * Chef's Choice may be offered daily				

*Skim and 1% milk choices offered daily.
*All Bread/Chips/Tortillas listed in the menu are whole-grain products.