

# APRIL 2024

Type Your School Name Here

## BREAKFAST



**School Information:** Cascade Badgers 2024



**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

**April Fool's Day**

1

No School  
Hot dogs  
Briskets  
Ribs and cookies

### TUESDAY

Nutella waffles with  
strawberry and bananas

2

### WEDNESDAY

Bacon Egg and Cheese  
Biscuit

3

### THURSDAY

Yogurt Parfait

4

### FRIDAY

5

Strawberry Cini Minis

8

Breakfast burrito

9

Sausage egg and  
Cheese on a English  
Muffin

10

French toast sticks

11

12

Biscuits and Gravy

15

Cinnamon roll

16

Canadian Ham on a  
Croissant

17

Pigs in a blanket

18

19

**Earth Day**

22

Egg Tacos

Pancakes

23

Mini Breakfast slider  
Hashbrown , ham, egg  
and cheese

24

Long John

25

**National Pretzel Day**

26

Eggs and Bacon

29

Cereal

30

