

APRIL 2024

Nauvoo-Colusa Elementary/Jr High School

BREAKFAST



School Information: Menu is subject to change..



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

**April Fool's Day
NO SCHOOL**

1

Mini Waffles(35g) or
Cereal(32g) w/ Cheese
Stick(0g)
Fruit(15g)
Juice(12g)
Milk(11g/20g)

2

Bacon, Egg, & Cheese
Biscuit(27g) or
Cereal(32g) w/ Cheese
Stick(0g)
Fruit(15g)
Juice(12g)
Milk(11g/20g)

3

Cinni Minis(16g) or
Cereal(32g) w/ Cheese
Stick(0g)
Fruit(15g)
Juice(12g)
Milk(11g/20g)

4

Donuts(23g) or
Cereal(32g) w/
Yogurt(15g)
Fruit(15g)
Juice(12g)
Milk(11g/20g)

5

Tornados(21g) or
Cereal(32g) w/ Cheese
Stick(0g)
Fruit(15g)
Juice(12g)
Milk(11g/20g)

8

Biscuits and Gravy(32g) or
Cereal(32g) w/ Cheese
Stick(0g)
Fruit(15g)
Juice(12g)
Milk(11g/20g)

9

Breakfast Pizza(17g) or
Cereal(32g) w/ Pop
Tart(36g)
Fruit(15g)
Juice(12g)
Milk(11g/20g)

10

Frudel(36g) or
Cereal(32g) w/
Yogurt(15g)
Fruit(15g)
Juice(12g)
Milk(11g/20g)

11

French Toast Bites(35g) or
Cereal(32g) w/ Cheese
Stick(0g)
Fruit(15g)
Juice(12g)
Milk(11g/20g)

12

Dutch Waffle(38g) or
Cereal(32g) w/ Muffin(25g)
Fruit(15g)
Juice(12g)
Milk(11g/20g)

15

Pancake Wraps(16g) or
Cereal(32g) w/ Cheese
Stick(0g)
Fruit(15g)
Juice(12g)
Milk(11g/20g)

16

Sausage, Egg, & Cheese
Biscuit(27g) or
Cereal(32g) w/ Cheese
Stick(0g)
Fruit(15g)
Juice(12g)
Milk(11g/20g)

17

Cinni Minis(16g) or
Cereal(32g) w/ Cheese
Stick(0g)
Fruit(15g)
Juice(12g)
Milk(11g/20g)

18

Donuts(23g) or
Cereal(32g) w/
Yogurt(15g)
Fruit(15g)
Juice(12g)
Milk(11g/20g)

19

Tornados(21g) or
Cereal(32g) w/ Cheese
Stick(0g)
Fruit(15g)
Juice(12g)
Milk(11g/20g)

22

Biscuits and Gravy(32g) or
Cereal(32g) w/ Cheese
Stick(0g)
Fruit(15g)
Juice(12g)
Milk(11g/20g)

23

Breakfast Pizza(17g) or
Cereal(32g) w/ Pop
Tart(36g)
Fruit(15g)
Juice(12g)
Milk(11g/20g)

24

Frudel(36g) or
Cereal(32g) w/
Yogurt(15g)
Fruit(15g)
Juice(12g)
Milk(11g/20g)

25

French Toast Bites(35g) or
Cereal(32g) w/ Cheese
Stick(0g)
Fruit(15g)
Juice(12g)
Milk(11g/20g)

26

Dutch Waffle(38g) or
Cereal(32g) w/ Muffin(25g)
Fruit(15g)
Juice(12g)
Milk(11g/20g)

29

Mini Waffles(35g) or
Cereal(32g) w/ Cheese
Stick(0g)
Fruit(15g)
Juice(12g)
Milk(11g/20g)

30

