

APRIL 2023

MOENCOPI DAY SCHOOL

BREAKFAST



Adult Breakfast \$2.50 Sides \$1.00 Milk \$0.50
This Institution is an equal opportunity.
****MAY 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

Assorted Cold Cereal **3**
Buttered Toast w/ Jam
Assorted Juice
Diced Pears
Milk

Cheesy Eggs **4**
Breakfast Potatoes
Buttered Toast w/ Jam
Applesauce
Fresh Grapes
Milk

Oatmeal w/ Brown Sugar **5**
Sausage Patty
Cinnamon Apple Slices
Fresh Banana
Milk

Assorted Cold Cereal **6**
Honey Graham Cracker
Assorted Juice
Watermelon
Milk

Pancake on Stick **7**
Pancake Syrup
Pineapple Tidbits
Orange Smiles
Milk

Blue Corn Mush **10**
Scrambled Eggs w/ Sausage
Sliced Peaches
Mixed Berries
Milk

Egg & Sausage Sandwich **11**
Assorted Juice
Fresh Banana
Milk

WG Bagel **12**
Cream Cheese
Fruit Cocktail
Watermelon
Milk

Cream of Wheat **13**
Honey Graham Crackers
Assorted Juice
Fresh Grapes
Milk

Scrambled Eggs **14**
Buttered Toast w/ Jam
Diced Pears
Orange Smiles
Milk

Assorted Cold Cereal **17**
Buttered Toast w/ Jam
Diced Pears
Fresh Apples
Milk

Breakfast Burrito **18**
Mild Salsa
Applesauce
Orange Smiles
Milk

Blue Corn Mush **19**
Sausage Patty
Assorted Juice
Fresh Grapes
Milk

Blueberry Muffin **20**
Scrambled Eggs
Diced Peaches
Watermelon
Milk

WG Biscuits **21**
Country Gravy w/ Sausage Crumble
Assorted Juice
Fresh Banana
Milk

Breakfast Taco **24**
Mild Salsa
Assorted Juice
Milk

WG Pancake **25**
Pancake Syrup
Applesauce
Fresh Grapes
Milk

National Pretzel Day **26**
Cream of Wheat
Honey Graham Crackers
Fruit Cocktail
Fresh Apples
Milk

Scrambled Eggs w/ Sausage **27**
Buttered Toast w/ Jam
Assorted Juice
Fresh Apples
Milk

Banana Muffin **28**
Assorted Yogurt
Diced Peaches
Orange Smiles
Milk