

# April 2021

## LYERLY ELEMENTARY SCHOOL

### BREAKFAST



**Cafeteria Manager: Jessica Cabe**



**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

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### Monday

### Tuesday

### Wednesday

### Thursday

### Friday



Syrup Day OR  
Pop-Tarts OR  
Cereal Bowl & Toast  
Fruit  
Juice & Choice of Milk

No School/Teacher Workday

SPRING BREAK

SPRING BREAK

SPRING BREAK

SPRING BREAK

SPRING BREAK

Steak Biscuit OR  
Bacon Biscuit OR  
Cereal Bowl & Toast  
Fruit  
Juice & Choice of Milk

Chicken Biscuit OR  
Egg & Cheese Biscuit OR  
Cereal Bowl & Toast  
Fruit  
Juice & Choice of Milk

Breakfast Pizza OR  
Muffin OR  
Cereal Bowl & Toast  
Fruit  
Juice & Choice of Milk

Syrup Day OR  
Pop-Tarts OR  
Cereal Bowl & Toast  
Fruit  
Juice & Choice of Milk

Gravy Biscuit OR  
Bacon & Egg Biscuit OR  
Cereal Bowl & Toast  
Fruit  
Juice & Choice of Milk

Steak Biscuit OR  
Bacon Biscuit OR  
Cereal Bowl & Toast  
Fruit  
Juice & Choice of Milk

Chicken Biscuit OR  
Egg & Cheese Biscuit OR  
Cereal Bowl & Toast  
Fruit  
Juice & Choice of Milk

Breakfast Pizza OR  
Muffin OR  
Cereal Bowl & Toast  
Fruit  
Juice & Choice of Milk

Syrup Day OR  
Pop-Tarts OR  
Cereal Bowl & Toast  
Fruit  
Juice & Choice of Milk

Gravy Biscuit OR  
Bacon & Egg Biscuit OR  
Cereal Bowl & Toast  
Fruit  
Juice & Choice of Milk

Steak Biscuit OR  
Bacon Biscuit OR  
Cereal Bowl & Toast  
Fruit  
Juice & Choice of Milk

Chicken Biscuit OR  
Egg & Cheese Biscuit OR  
Cereal Bowl & Toast  
Fruit  
Juice & Choice of Milk

Breakfast Pizza OR  
Muffin OR  
Cereal Bowl & Toast  
Fruit  
Juice & Choice of Milk

Syrup Day OR  
Pop-Tarts OR  
Cereal Bowl & Toast  
Fruit  
Juice & Choice of Milk

Gravy Biscuit OR  
Bacon & Egg Biscuit OR  
Cereal Bowl & Toast  
Fruit  
Juice & Choice of Milk