



# Alpha School

April 2018  
Breakfast Menu

## Get a Healthy Start to Your Day with School Breakfast!

**Each Entrée Comes with:**  
Assorted Fruit  
100% Fruit Juice  
Milk Selection

Did you know, if you are approved for free or reduced lunch, you are also eligible for breakfast!

Student Breakfast \$1.25

Adult Breakfast \$1.75

Reduced Breakfast \$0.30

take time for  
**school  
BREAKFAST**



### NUTRITION NEWS:

#### Eat the Colors of the Rainbow Week

Did you know that by eating a variety of colorful fruits and vegetables you are able to get a variety of different vitamins and minerals? Each vitamin and mineral gives you a special "superpower" or benefit! For example, that orange pigment in carrots and sweet potatoes otherwise known as beta-carotene aids in keeping good eye health and vision. This April, challenge yourself to eat a variety of different colored fruits & vegetables...your body will thank you later!

Monday	Tuesday	Wednesday	Thursday	Friday
2 School Closed	3 Bagel Bag OR Cereal Bag OR Muffin Bag Assorted Fruit 100% Fruit Juice Milk Selection	4 Bagel Bag OR Cereal Bag OR Muffin Bag Assorted Fruit 100% Fruit Juice Milk Selection	5 Bagel Bag OR Cereal Bag OR Muffin Bag Assorted Fruit 100% Fruit Juice Milk Selection	6 Bagel Bag OR Cereal Bag OR Muffin Bag Assorted Fruit 100% Fruit Juice Milk Selection
9 Bagel Bag OR Cereal Bag OR Muffin Bag Assorted Fruit 100% Fruit Juice Milk Selection	10 Bagel Bag OR Cereal Bag OR Muffin Bag Assorted Fruit 100% Fruit Juice Milk Selection	11 Bagel Bag OR Cereal Bag OR Muffin Bag Assorted Fruit 100% Fruit Juice Milk Selection	12 Bagel Bag OR Cereal Bag OR Muffin Bag Assorted Fruit 100% Fruit Juice Milk Selection	13 <b>Half Day</b> Bagel Bag OR Cereal Bag OR Muffin Bag Assorted Fruit 100% Fruit Juice Milk Selection
16 Bagel Bag OR Cereal Bag OR Muffin Bag Assorted Fruit 100% Fruit Juice Milk Selection	17 Bagel Bag OR Cereal Bag OR Muffin Bag Assorted Fruit 100% Fruit Juice Milk Selection	18 Bagel Bag OR Cereal Bag OR Muffin Bag Assorted Fruit 100% Fruit Juice Milk Selection	19 Bagel Bag OR Cereal Bag OR Muffin Bag Assorted Fruit 100% Fruit Juice Milk Selection	20 Bagel Bag OR Cereal Bag OR Muffin Bag Assorted Fruit 100% Fruit Juice Milk Selection
23 Bagel Bag OR Cereal Bag OR Muffin Bag Assorted Fruit 100% Fruit Juice Milk Selection	24 Bagel Bag OR Cereal Bag OR Muffin Bag Assorted Fruit 100% Fruit Juice Milk Selection	25 Bagel Bag OR Cereal Bag OR Muffin Bag Assorted Fruit 100% Fruit Juice Milk Selection	26 <b>Half Day</b> Bagel Bag OR Cereal Bag OR Muffin Bag Assorted Fruit 100% Fruit Juice Milk Selection	27 Bagel Bag OR Cereal Bag OR Muffin Bag Assorted Fruit 100% Fruit Juice Milk Selection
30 Bagel Bag OR Cereal Bag OR Muffin Bag Assorted Fruit 100% Fruit Juice Milk Selection				

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MENU SUBJECT TO CHANGE

"This institution is an equal opportunity provider"