



# BREAKFAST

# APRIL 2024

## Twinfield Union School

### Monday

Whole grain bagel with cream cheese  
Or whole grain cereal  
Fresh fruit  
100% fruit or vegetable juice  
1% white or FF chocolate milk

1

### Tuesday

Freshly made breakfast sandwich  
Or whole grain cereal  
Fresh fruit  
100% fruit or vegetable juice  
1% white or FF chocolate milk

2

### Wednesday

Vanilla yogurt parfait  
Or whole grain cereal  
Fresh fruit  
100% fruit or vegetable juice  
1% white or FF chocolate milk  
**Local fruit and yogurt**

3

### Thursday

Freshly made fruit muffin  
Or whole grain cereal  
Fresh fruit  
100% fruit or vegetable juice  
1% white or FF chocolate milk  
**Muffin made with local flour + fruit**

4

### Friday

Oatmeal breakfast bar  
Or whole grain cereal  
Wild blueberry smoothie  
Fresh fruit  
100% fruit or vegetable juice  
1% white or FF chocolate milk  
**Smoothie made with local berries + yogurt**

5

Whole grain bagel with cream cheese  
Or whole grain cereal  
Fresh fruit  
100% fruit or vegetable juice  
1% white or FF chocolate milk  
Early Release/Eclipse

8

Freshly made breakfast sandwich  
Or whole grain cereal  
Fresh fruit  
100% fruit or vegetable juice  
1% white or FF chocolate milk

9

Vanilla and fruit yogurt parfait  
Or whole grain cereal  
Fresh fruit  
100% fruit or vegetable juice  
1% white or FF chocolate milk  
**Local fruit and yogurt**

10

Freshly made fruit muffin  
Or whole grain cereal  
Fresh fruit  
100% fruit or vegetable juice  
1% white or FF chocolate milk  
**Muffins made with local flour + fruit**

11

Conference Day/No School

12

Whole grain bagel with cream cheese  
Or whole grain cereal  
Fresh fruit  
100% fruit or vegetable juice  
1% white or FF chocolate milk

15

Freshly made breakfast sandwich  
Or whole grain cereal  
Fresh fruit  
100% fruit or vegetable juice  
1% white or FF Chocolate milk

16

Vanilla and fruit yogurt parfait  
Or whole grain cereal  
Fresh fruit  
100% fruit or vegetable juice  
1% white or FF chocolate milk  
**Local yogurt and fruit**

17

Freshly made muffin  
Or whole grain cereal  
Fresh fruit  
100% fruit or vegetable juice  
1% white or FF chocolate milk  
**Muffin made with local flour and fruit**

18

Oatmeal breakfast bar  
Or whole grain cereal  
Wild blueberry smoothie  
Fresh fruit  
100% fruit or vegetable juice  
1% white or FF chocolate milk  
**Smoothies made with local berries and yogurt**

19

Spring Break

22

Spring Break

23

Spring Break

24

Spring Break

25

Spring Break

26

Whole grain bagel with cream cheese  
Or whole grain cereal  
Fresh fruit  
100% fruit or vegetable juice  
1% white or FF chocolate milk

29

Freshly made breakfast sandwich  
Or whole grain cereal  
Fresh fruit  
100% fruit or vegetable juice  
1% white or FF chocolate milk

30

