

BREAKFAST

APRIL 2026

LJSH

16 Days
Meal served with Milk & Juice

Monday

Tuesday

Wednesday

Thursday

Friday

		1 Frudel Stick Cheese Cubes Mandarin Oranges	2 Waffle Syrup Mixed Fruit	3 NO SCHOOL
6 NO SCHOOL	7 NO SCHOOL	8 NO SCHOOL	9 NO SCHOOL	10 NO SCHOOL
13 Cinnamon Toast Crunch Bar String Cheese Fruit Cup	14 Cereal Yogurt Peaches	15 Cinnamon Roll Cheese Cubes Mixed Fruit	16 Waffle Syrup Mandarin Oranges	17 Egg, Sausage, & Cheese Burrito Salsa Applesauce
20 Poptart String Cheese Pears	21 Cereal Yogurt Fruit Cup	22 Frudel Stick Cheese Cubes Peaches	23 Waffle Syrup Mixed Fruit	24 Breakfast Pizza Applesauce
27 Nutri-Grain Bar String Cheese Fruit Cup	28 Cereal Yogurt Peaches	29 Cinnamon Roll Cheese Cubes Mixed Fruit	30 Waffle Syrup Pears	

“For every hour of brisk walking, life expectancy for some people may increase by two hours. Research has shown that walking at least 150 minutes a week can help you: Reduce your risk of serious diseases like heart disease, stroke, diabetes and cancer, Improve your blood pressure, blood sugar and blood cholesterol levels, Increase your energy and stamina, Improve your mental and emotional well-being, Boost bone strength and reduce your risk of osteoporosis, and Prevent weight gain.” (American Heart Association)

Monday

Tuesday

Wednesday

Thursday

Friday

NO SCHOOL

NO SCHOOL

1
BBQ on Bun
French Fries
Baked Beans
Mixed Fruit

2
Pizza
Salad
Green Beans
Peaches

3
NO SCHOOL

6
NO SCHOOL

7
NO SCHOOL

8
NO SCHOOL

9
NO SCHOOL

10
NO SCHOOL

13
Pulled Pork on Bun
Chips & Salsa
Baked Beans
Mandarin Oranges

14
Chicken Strips
Mashed Potatoes w/Gravy
Peas
Mixed Fruit

15
Hamburger on Bun
Sweet Potato Fries
Green Beans
Peach Crisp

16
Chicken Tacos
Corn
Applesauce

17
Pizza
Salad
Carrots
Pears

20
Pork Tenderloin on Bun
French Fries
Broccoli
Baked Apples

21
Chicken & Gravy over Biscuit
Mashed Potatoes
Peas
Peaches

22
Corn Dog
Tri-Tater
Baked Beans
Mixed Fruit

23
BBQ Meatballs
Cheesy Hashbrown Cass.
Green Bean Cass.
Applesauce

24
Hamburger or
Hot Dog on Bun
Chips & Salsa
Slushy Cup
Fruit Cup

27
Chicken Patty on Bun
Chips & Salsa
Broccoli & Cauliflower
Peaches

28
Hot Pork Tenderloin on
Bread
Mashed Potatoes w/Gravy
Corn
Mixed Fruit

29
Toasted Meat Ravs
Breaded Cheese Stick
Marinara
Broccoli
Pears

30
Spaghetti w/Meat Sauce
Salad
Green Beans
Applesauce