

Monday

Tuesday

Wednesday

Thursday

Friday

April 1, 2023

1 oz (28.G eq). WG Cereal Bar
1 oz WG Graham Cracker
1 C Fruit/Juice (A, C)
8 oz. 1% Milk Choice

April 2, 2023

1 oz (28.G eq). WG Pop tart
1 C Fruit/Juice (A, C)
8 oz. 1% Milk Choice

April 3, 2023

2.47 oz WG Muffin option
1 Cup Fruit/Juice Equivalent (AC)
8 oz. 1% Milk Choice

April 4, 2023

1 oz (28.G eq). WG Cereal Bar
1 oz WG Graham Cracker
1 C Fruit/Juice (A, C)
8 oz. 1% Milk Choice

April 5, 2023

2.47 oz WG Raisin Bagel
Jelly
1 Cup Fruit/Juice Equivalent (AC)
8 oz. 1% Milk Choice

April 8, 2023

2.47 oz WG Muffin option
1 Cup Fruit/Juice Equivalent (AC)
8 oz. 1% Milk Choice

April 9, 2023

1 oz (28.G eq). WG Cereal Bar
1 oz WG Graham Cracker
1 C Fruit/Juice (A, C)
8 oz. 1% Milk Choice

April 10, 2023

1 oz (28.G eq). WG Pop tart
1 C Fruit/Juice (A, C)
8 oz. 1% Milk Choice

April 11, 2023

2.47 oz WG Blueberry Bagel
Cream cheese/Jelly
1 Cup Fruit/Juice Equivalent (AC)
8 oz. 1% Milk Choice

April 12, 2023

1 oz (28.G eq). WG Cereal Bar
1 oz WG Graham Cracker
1 C Fruit/Juice (A, C)
8 oz. 1% Milk Choice

April 15, 2023

1 oz (28.G eq). WG Cereal Bar
1 oz WG Graham Cracker
1 C Fruit/Juice (A, C)
8 oz. 1% Milk Choice

April 16, 2023

2.47 oz WG Bagel w/Cream Cheese
1 Cup Fruit/Juice Equivalent (AC)
8 oz. 1% Milk Choice

April 17, 2023

2.47 oz WG Muffin option
1 Cup Fruit/Juice Equivalent (AC)
8 oz. 1% Milk Choice

April 18, 2023

1oz (28.G eq). WG Cereal Bar
1 oz WG Graham Cracker
1 C Fruit/Juice (A, C)
8 oz. 1% Milk Choice

April 19, 2023

1 oz (28.G eq). WG Pop tart
1 C Fruit/Juice (A, C)
8 oz. 1% Milk Choice

April 22, 2023

2.47 oz WG Raisin Bagel
Jelly
1 Cup Fruit/Juice Equivalent (AC)
8 oz. 1% Milk Choice

April 23, 2023

2.47 oz WG Muffin option
1 Cup Fruit/Juice Equivalent (AC)
8 oz. 1% Milk Choice

April 24, 2023

1 oz (28.G eq). WG Cereal Bar
1 oz WG Graham Cracker
1 C Fruit/Juice (A, C)
8 oz. 1% Milk Choice

April 25, 2023

1 oz (28.G eq). WG Pop tart
1 C Fruit/Juice (A, C)
8 oz. 1% Milk Choice

April 26, 2023

1 oz (28.G eq). WG Cereal Bar
1 oz WG Graham Cracker
1 C Fruit/Juice (A, C)
8 oz. 1% Milk Choice

April 29, 2023

1 oz (28.G eq). WG Pop tart
1 C Fruit/Juice (A, C)
8 oz. 1% Milk Choice

April 30, 2023

1 oz (28.G eq). WG Cereal Bar
1 oz WG Graham Cracker
1 C Fruit/Juice (A, C)
8 oz. 1% Milk Choice

Proteins: G= Grains; A= Vitamin A; C= Vitamin C; D= Vitamin D; I= Iron. *Sl.* – Slice, *Crk* – Cracker, *Ser* – Serving, *Tbsp* – Tablespoon, *C* – Cup, *Waf* – Wafer, *Prtz* – Pretzel, *Por* – Portion

NSLP MEAL PATTERN REQUIREMENTS	Grades K-8 (Min. Requirements)	Other Specifications: Daily Amount Based on the Average for a 5-Day Week	
Breakfast		Breakfast (K-8)	Grades 9-12
Printed Milk/Fluid	8 oz. ; Daily	Min-max calories (kcal) 350-550	Min-max calories (kcal) 450-600
Fruit &/or Vegetable / Juice	½ Cup Fruit; ½ Cup Juice Daily; 5 Cups combined Weekly	Saturated fat (% of total calories) <10	Saturated fat (% of total calories) <10
Grains/Bread	1 oz. Daily; 8-10 oz. Weekly	Sodium (mg) <430-<470	Sodium (mg) <500
		Trans fat: Nutrition label must indicate zero grams of	Trans fat: Nutrition label must indicate zero grams of

April 2024 NSLP & CACFP Breakfast Menu
This institution is an equal opportunity provider.

Meat /Meat Alternate	1 oz. Daily, Combined w/Grain	Trans fat per serving	Trans fat per serving
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- Menu items are subject to change (with notification).