

Breakfast 2018

Mon	Tue	Wed	Thu	Fri
Mini Cinnis w/Gogurt Or Variety of Whole Grain Cereal w/ Graham Cracker Variety of Fruits Fruit Juice Milk	French Toast Sticks Or Variety of Whole Grain Cereal w/ Graham Cracker Variety of Fruits Fruit Juice Milk	Sausage Breakfast Muffin Or Variety of Whole Grain Cereal w/ English Muffin Variety of Fruits Fruit Juice Milk	Breakfast On A Stick Or Variety of Whole Grain Cereal w/ Graham Cracker Variety of Fruits Fruit Juice Milk	Hot Oatmeal Cereal Or Variety of Whole Grain Cereal Breakfast Bar Variety of Fruits Fruit Juice Milk

APRIL IS NATIONAL GARDENING MONTH



When kids garden, kids grow!

Encourages Healthy Eating

Eating healthy food is vital for brain and body development but it can be hard at times to get kids to eat those fruits and veggies. By having them grow their own string beans, carrots and lettuce, they will have a sense of pride in eating what they have “created.” This, in turn, will emphasize the importance of healthy eating. Kids will soon learn to love eating strawberries, blueberries and even broccoli!