



# Passaic Arts & Science

April 2018  
Breakfast Menu

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

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



**Student Breakfast**

**\$1.90**

**Adult Breakfast**

**\$2.50**

**Reduced Breakfast**

**\$0.30**

### 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   | 3  | 4   | 5  | 6  |
| <b>Spring Recess! School Closed</b>   |  |   |  |  |
| 9<br>Assorted Cereal with Graham Crackers<br>Assorted Fruit 100% Fruit Juice<br>Milk Selection  | 10<br>Assorted Cereal with Muffin<br>Assorted Fruit 100% Fruit Juice<br>Milk Selection | 11<br>Assorted Cereal with Graham Crackers<br>Assorted Fruit 100% Fruit Juice<br>Milk Selection | 12<br>Assorted Cereal with Muffin<br>Assorted Fruit 100% Fruit Juice<br>Milk Selection | 13<br>Bagel with Cream Cheese<br>Assorted Fruit 100% Fruit Juice<br>Milk Selection |
| 16<br>Assorted Cereal with Graham Crackers<br>Assorted Fruit 100% Fruit Juice<br>Milk Selection | 17<br>Assorted Cereal with Muffin<br>Assorted Fruit 100% Fruit Juice<br>Milk Selection | 18<br>Assorted Cereal with Graham Crackers<br>Assorted Fruit 100% Fruit Juice<br>Milk Selection | 19<br>Assorted Cereal with Muffin<br>Assorted Fruit 100% Fruit Juice<br>Milk Selection | 20<br>Bagel with Cream Cheese<br>Assorted Fruit 100% Fruit Juice<br>Milk Selection |
| 23<br>Assorted Cereal with Graham Crackers<br>Assorted Fruit 100% Fruit Juice<br>Milk Selection | 24<br>Assorted Cereal with Muffin<br>Assorted Fruit 100% Fruit Juice<br>Milk Selection | 25<br>Assorted Cereal with Graham Crackers<br>Assorted Fruit 100% Fruit Juice<br>Milk Selection | 26<br>Assorted Cereal with Muffin<br>Assorted Fruit 100% Fruit Juice<br>Milk Selection | 27<br>Bagel with Cream Cheese<br>Assorted Fruit 100% Fruit Juice<br>Milk Selection |
| 30<br>Assorted Cereal with Graham Crackers<br>Assorted Fruit 100% Fruit Juice<br>Milk Selection |  |   |  |  |

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MENU SUBJECT TO CHANGE

"This institution is an equal opportunity provider"