







21st Century Charter School April 2019 Sunrise Starters Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
	April 1 Mini Chocolate Donuts* Peaches	April 2 Turkey Sausage & Cheese Breakfast Sandwich* Mixed Fruit	April 3 Mini Maple Pancakes* Pineapple	April 4 Smoothie (variety) with Oatmeal Bar* (apple or strawberry) Applesauce	April 5 Cheese Omelet with Toast* Pears
	April 8 Mini Cinnamon Rolls* Peaches	April 9 Breakfast Boat* with Turkey Bacon & Scrambled Eggs Mixed Fruit	April 10 French Toast Sticks* with Syrup Pineapple	April 11 Scrambled Cheesy Eggs with Turkey Sausage & Toast* Applesauce	April 12 Yogurt Parfait with Strawberries & Honey Oat Goldfish Cracker* Pears
	April 15 Pancake Wrap*^ with Syrup Peaches	April 16 Canadian Bacon & Egg Croissant* Mixed Fruit	April 17 Cinnamon Raisin Bagel* with Cream Cheese Pineapple	April 18 Turkey Ham & Cheese on a Hawaiian Roll* Applesauce	April 19 Cheese Omelet with Toast* Pears
	April 22 Cheesy Scrambled Eggs with Turkey Sausage & Toast* Peaches	April 23 Mini French Toast* with Syrup Mixed Fruit	April 24 Yogurt Parfait (strawberry or peach) & Honey Oat Goldfish Cracker* Pineapple	April 25 Bacon & Egg Breakfast Square* Applesauce	April 26 Blueberry Waffle* with Syrup Pears
	April 29 Mini Chocolate Donuts* Peaches	April 30 Turkey Sausage & Cheese Breakfast Sandwich* Mixed Fruit			

Additional Items Served Every Day:

- Assorted cereals*
- Blueberry and banana muffins*
- Bread*, Jelly, Margarine
- Fresh fruit
- Yogurt cups
- 100% apple juice and orange juice
- Skim and 1% white milk plus fat-free chocolate milk with no artificial growth hormones or antibiotics

*=Whole-grain item / ^=Item contains pork
Menu subject to change based on availability and quality of food items

Breakfast Buzz

Did you know that school breakfast offers a variety of foods? Stop by the cafeteria each day to try something new.

