

APRIL 2024

Hancock County Middle/High School

BREAKFAST



School Information: Daily Items: Juice/Milk, Cereal, Pop-tarts, Yogurt, Fruit, Salad Bar, Menus are subject to change USDA is an equal opportunity provider, employer, and lender



Nutrition Tip: Make Fruit More Appealing. Make a fruit smoothie by blending fat-free or low-fat milk or yogurt with fresh or frozen fruit. Try bananas, peaches, strawberries, or other berries.



MONDAY

**April Fool's Day
NO SCHOOL**

1

TUESDAY

Bacon Biscuit
Assorted Cereal
Fruit Variety & Juice
1% or Fat Free Milk

2

WEDNESDAY

Banana Boats
Assorted Cereal
Fruit Variety & Juice
1% or Fat Free Milk

3

THURSDAY

Un crustables
Assorted Cereal
Fruit Variety & Juice
1% or Fat Free Milk

4

FRIDAY

Gravy Biscuit, Eggs
Assorted Cereal
Fruit Variety & Juice
1% or Fat Free Milk

5

Chicken Biscuit
Assorted Cereal
Fruit Variety & Juice
1% or Fat Free Milk

8

Donut Holes
Assorted Cereal
Fruit Variety & Juice
1% or Fat Free Milk

9

Dutch Waffle
Assorted Cereal
Fruit Variety & Juice
1% or Fat Free Milk

10

Egg and Cheese
Biscuit Assorted
Cereal
Fruit Variety & Juice
1% or Fat Free Milk

11

Gravy Biscuit,
Sausage
Assorted Cereal
Fruit Variety & Juice
1% or Fat Free Milk

12

Sausage Biscuit
Assorted Cereal
Fruit Variety & Juice
1% or Fat Free Milk

15

Breakfast Burrito
Assorted Cereal
Fruit Variety & Juice
1% or Fat Free Milk

16

Muffins
Assorted Cereal
Fruit Variety & Juice
1% or Fat Free Milk

17

Breakfast Pizza
Assorted Cereal
Fruit Variety & Juice
1% or Fat Free Milk

18

Gravy Biscuit,
Bacon
Assorted Cereal
Fruit Variety & Juice
1% or Fat Free Milk

19

Bacon Biscuit
Assorted Cereal
Fruit Variety & Juice
1% or Fat Free Milk

22

Pancake Sausage
Wrap
Assorted Cereal
Fruit Variety & Juice
1% or Fat Free Milk

23

Banana Boats
Assorted Cereal
Fruit Variety & Juice
1% or Fat Free Milk

24

French Toast Sticks
Assorted Cereal
Fruit Variety & Juice
1% or Fat Free Milk

25

Gravy Biscuit, Eggs
Assorted Cereal
Fruit Variety & Juice
1% or Fat Free Milk

26

Chicken Biscuit
Assorted Cereal
Fruit Variety & Juice
1% or Fat Free Milk

29

Breakfast Pizza
Assorted Cereal
Fruit Variety & Juice
1% or Fat Free Milk

30



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April is National Garden Month. Consider planting some seeds at home. You can start your seeds indoors in a small container (an empty cereal bowl from school would work well) and move them outside to a patio or garden plot when the weather allows.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

NO SCHOOL

1

Fish
Hushpuppies
Corn on the Cob
Slaw
Fresh Fruit
Salad Bar

2

Chicken Tenders w/Roll
Mashed Potatoes
Peas
Fresh Fruit
Salad Bar

3

Chicken Teriyaki
Rice w/Sweet Carrots
Egg Roll
Fresh Fruit
Salad Bar

4

Cheesy Pull-Apart
Potato Wedges
Broccoli
Fresh Fruit
Salad Bar

5

Cheeseburger/
Hamburger
French Fries
Fresh Fruit
Salad Bar

8

Hot Dogs
Chili
Fries
Corn
Fresh Fruit
Salad Bar

9

Chicken Tenders
w/Biscuit
Mashed Potatoes
Peas
Fresh Fruit
Salad Bar

10

Spaghetti
Texas Toast
Green Beans
Fresh Fruit
Salad Bar

11

Cheese Sticks
Curly Fries
Broccoli
Fresh Fruit
Salad Bar

12

Pizza
Curly Fries
Broccoli & Cheese
Fresh Fruit
Salad Bar

15

Gravy & Biscuits
Bacon & Hashbrowns
Baked Apples
Fresh Fruit
Salad Bar

16

Chicken Tenders w/Roll
Mashed Potatoes
Corn
Fresh Fruit
Salad Bar

17

Chili, Chips, and Cheese
Baked Potatoes
Fresh Fruit
Salad Bar

18

Ham or Turkey
Hoagie
Chips
Baked Beans
Fresh Fruit
Salad Bar

19

Crispy or Spicy Chicken
Sandwich
Curly Fries
Broccoli & Cheese
Fresh Fruit
Salad Bar

22

Corn Dogs
Mac&Cheese
Green Beans
Fresh Fruit
Salad Bar

23

Chicken Tenders w/Roll
Mashed Potatoes
Peas
Fresh Fruit
Salad Bar

24

Spaghetti
Texas Toast
Green Beans
Fresh Fruit
Salad Bar

25

Pizza
Curly Fries
Broccoli & Cheese
Fresh Fruit
Salad Bar

26

Chicken Fajita Wrap
Fiesta Black Beans
Rice
Onions & Peppers
Fresh Fruit
Salad Bar

29

Cheeseburger/
Hamburger
French Fries
Fresh Fruit
Salad Bar

30

Chicken Tenders w/Roll
Mashed Potatoes
Corn
Fresh Fruit
Salad Bar

