

# APRIL 2022

## Caston School Corporation

### BREAKFAST



**School Information:** Menu is subject to change. Please make sure your student has money in their account if they'd like to purchase extras or ala carte items.



**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.



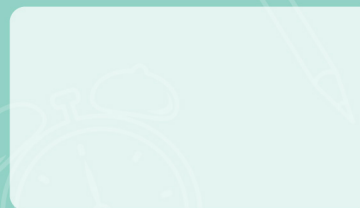
### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY



Biscuits & Gravy or Cereal, Fruit or Juice, and Milk **1**

French Toast w/Sausage or Cereal, Fruit or Juice, and Milk **6**

Comet Cinnamon Roll or Cereal, Fruit or Juice, and Milk **7**

Biscuits & Gravy or Cereal, Fruit or Juice, and Milk **8**

Waffles w/Sausage or Cereal, Fruit or Juice, and Milk **13**

Sausage w/Cheese Biscuit or Cereal, Fruit or Juice, and Milk **14**

NO SCHOOL GOOD FRIDAY **15**

Assorted Pop Tarts or Cereal, Fruit or Juice, and Milk **20**

Breakfast Pizza or Cereal, Fruit or Juice, and Milk **21**

Biscuits & Gravy or Cereal, Fruit or Juice, and Milk **22**

Sausage & Cheese Biscuit or Cereal, Fruit or Juice, and Milk **27**

Comet Cinnamon Roll or Cereal, Fruit or Juice, and Milk **28**

Biscuits & Gravy or Cereal, Fruit or Juice, and Milk **29**

WG Muffin or Cereal, Fruit or Juice, and Milk **4**

Sausage Cheese Biscuit or Cereal, Fruit or Juice, and Milk **5**

Assorted Pop Tarts or Cereal, Fruit or Juice, and Milk **11**

Scrambled Eggs w/Sausage or Cereal, Fruit or Juice, and Milk **12**

Pancake on Stick or Cereal, Fruit or Juice, and Milk **18**

Sausage, Egg, Cheese Biscuit or Cereal, Fruit or Juice, and Milk **19**

Assorted Pop Tarts or Cereal, Fruit or Juice, and Milk **25**

Pancake w/Sausage or Cereal, Fruit or Juice, and Milk **26**