

April 2018

TENNESSEE SCHOOL FOR THE DEAF

BREAKFAST



OFFERED DAILY: WHOLE GRAIN ITEMS
ASSORT DRY CEREAL / GRANOLA BARS /
BLUEBERRY MUFFIN OR POP TART
MILK: 1%, SKIM, CHOC, STRAWBERRY



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Tuesday

Wednesday

Thursday

Friday

IN-SERVICE DAY

2

SAUSAGE BISCUIT
FRUIT JUICE
FRESH FRUIT / FRUIT CUP
MILK

3

FRENCH TOAST STICKS
W/SYRUP
SAUSAGE LINK
FRUIT JUICE
FRESH FRUIT / FRUIT CUP
MILK

4

CANADIAN BACON OR
CANADIAN BACON & EGG
ON BISCUIT OR ENGLISH MUFFIN
FRUIT JUICE
FRESH FRUIT / FRUIT CUP
MILK

5

GRAVY BISCUIT
FRUIT JUICE
FRESH FRUIT / FRUIT CUP
MILK

6

SCR EGGS OR YOGURT
TOAST OR ENGLISH MUFFIN
FRUIT JUICE
FRESH FRUIT / FRUIT CUP
MILK

9

SAUSAGE BISCUIT
FRUIT JUICE
FRESH FRUIT / FRUIT CUP
MILK

10

WAFFLES W/SYRUP
SAUSAGE LINK
FRUIT JUICE
FRESH FRUIT / FRUIT CUP
MILK

11

CANADIAN BACON OR
CANADIAN BACON & EGG
ON BISCUIT OR ENGLISH MUFFIN
FRUIT JUICE
FRESH FRUIT / FRUIT CUP
MILK

12

CHICKEN BISCUIT
FRUIT JUICE
FRESH FRUIT / FRUIT CUP
MILK

13

SCR EGG PATTY OR YOG
TOAST OR ENGLISH MUFFIN
FRUIT JUICE
FRESH FRUIT / FRUIT CUP
MILK

16

SAUSAGE BISCUIT
FRUIT JUICE
FRESH FRUIT / FRUIT CUP
MILK

17

PANCAKES W/SYRUP
SAUSAGE LINK
FRUIT JUICE
FRESH FRUIT / FRUIT CUP
MILK

18

CANADIAN BACON OR
CANADIAN BACON & EGG
ON BISCUIT OR ENGLISH MUFFIN
FRUIT JUICE
FRESH FRUIT / FRUIT CUP
MILK

19

GRAVY BISCUIT
FRUIT JUICE
FRESH FRUIT / FRUIT CUP
MILK

20

SCR EGGS OR YOGURT
TOAST OR ENGLISH MUFFIN
FRUIT JUICE
FRESH FRUIT / FRUIT CUP
MILK

23

SAUSAGE BISCUIT
FRUIT JUICE
FRESH FRUIT / FRUIT CUP
MILK

24

FRENCH TOAST STICKS
W/SYRUP
SAUSAGE LINK
FRUIT JUICE
FRESH FRUIT / FRUIT CUP
MILK

25

CANADIAN BACON OR
CANADIAN BACON & EGG
ON BISCUIT OR ENGLISH MUFFIN
FRUIT JUICE
FRESH FRUIT / FRUIT CUP
MILK

26

CHICKEN BISCUIT
FRUIT JUICE
FRESH FRUIT / FRUIT CUP
MILK

27

SCR EGG PATTY OR YOG
TOAST OR ENGLISH MUFFIN
FRUIT JUICE
FRESH FRUIT / FRUIT CUP
MILK

30

MEALS SUBJECT
TO CHANGE

