

Amana Academy Breakfast Menu April 2023

Monday	Tuesday	Wednesday	Thursday	Friday
3 SPRING BREAK WEEK	4 SPRING BREAK WEEK	5 SPRING BREAK WEEK	6. SPRING BREAK WEEK	7. SPRING BREAK WEEK
10. G-WG Cereal (Frosted Flakes) F- Fresh Apple M -Low fat or skim milk	11. G -WG Muffin F -Fresh Grapes F -100% Fruit Juice M-Low fat or skim milk	12. G -WG Cinnamon Roll F -Fresh Orange M -Low fat or skim milk	13. G -WG Bagel w/Jelly F -Fresh Apple M -Low fat or skim milk	14 G -WG Cereal Bar M/MA -Yogurt F -Fresh Banana M -Low fat or skim milk
17 G -WG Cereal (Cinnamon Toast Crunch) F -Fresh Apple M -Low fat or skim milk	18 G -WG Pop Tart F -Fresh Orange M -Low fat or skim milk	19 G -WG Muffin F -Fresh Banana M -Low fat or skim milk	20 G -WG Cereal Bar M/MA -Cheese Stick F -Fresh Orange M -Low fat or skim milk	21 G -WG Bagel w/Jelly F -Fresh Apple M -Low fat or skim milk
24 G -WG Muffin F -Fresh Orange M -Low fat or skim milk	25 G -WG Cereal Bar M/MA Yogurt F -Fresh Apple M -Low fat or skim milk	26 G -WG Bagel w/Jelly F -Fresh Orange M -Low fat or skim milk	27 G -WG Cereal F -Fresh Banana M -Low fat or skim milk	28 G -WG Cinnamon Roll F -Fresh Grapes F- 100% Fruit Juice M -Low fat or skim milk