

April 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 No School Cesar Chavez	2 <u>BREAKFAST</u> Donut Bites <u>LUNCH</u> Turkey Ham & Cheese Croissant Sandwich	3 <u>BREAKFAST</u> Cinnamon Glazed Pancakes <u>LUNCH</u> Crispy Chicken Ranch Wrap	4 <u>BREAKFAST</u> Carrot Bun <u>LUNCH</u> Orange Chicken Rice Bowl	5 <u>BREAKFAST</u> Blueberry Muffin <u>LUNCH</u> Beef Patty on a Bun	6
7 <u>Breakfast Meal</u> <u>InCludes:</u> Entrée, Milk, and Fruit	8 <u>BREAKFAST</u> Cinnamon Oatmeal Round <u>LUNCH</u> Chicken Fillet Sandwich	9 <u>BREAKFAST</u> Cereal Bowl & String Cheese <u>LUNCH</u> Personal Cheese Pizza	10 <u>BREAKFAST</u> Mini Bagel with Cream Cheese <u>LUNCH</u> Bean & Cheese Burrito	11 <u>BREAKFAST</u> Pop-Tart & Belly Bear Grahams <u>LUNCH</u> Chicken Alfredo Pasta	12 <u>BREAKFAST</u> Snack'n Waffle <u>LUNCH</u> Corn Dog on a Stick	13 <u>Lunch Meal Includes:</u> Entrée, Milk, Fruit and Vegetables
14 <u>Breakfast Meal Price:</u> Riverside & Kings Ridge Student Breakfast: \$0.00	15 <u>BREAKFAST</u> Banana Muffin <u>LUNCH</u> Soft Turkey Taco	16 <u>BREAKFAST</u> Super Donut & Cheese Cubes <u>LUNCH</u> Chicken Nuggets and Waffle	17 <u>BREAKFAST</u> Honey Breakfast Bar <u>LUNCH</u> Turkey Sub Sandwich	18 <u>BREAKFAST</u> Cereal Bowl & Honey Graham Crackers <u>LUNCH</u> Italian Bread Cheese Pull-Apart	19 <u>BREAKFAST</u> Cinnamon Bun <u>LUNCH</u> BBQ Beef Sandwich	20 <u>Lunch Meal Price:</u> Rivseride & Kings Ridge Student Reduced: \$0.00 Riverside & Kings Ridge Student Paid: \$3.30
21 <u>Breakfast Meal Price:</u> MIT Student Breakfast Reduced: \$0.00 MIT Student Paid: \$1.75	22 <u>BREAKFAST</u> Oatmeal Raisin Breakfast Bar <u>LUNCH</u> Baked Ziti	23 <u>BREAKFAST</u> Apple Frudel <u>LUNCH</u> Beef Nachos	24 <u>BREAKFAST</u> Cereal Bar & String Cheese <u>LUNCH</u> Chicken Apple Salad Sandwich	25 <u>BREAKFAST</u> Breakfast Wrap <u>LUNCH</u> Popcorn Chicken Bowl	26 <u>BREAKFAST</u> Banana Muffin <u>LUNCH</u> Chicken & Corn Quesadilla	27 <u>Lunch Meal Price:</u> MIT Student Reduced: \$0.00 MIT Student Paid: \$3.30
28	29 <u>BREAKFAST</u> Cereal Bowl & Educational Cookies <u>LUNCH</u> Chicken Tenders & Garlic Breadstick	30 <u>BREAKFAST</u> Strawberry Yogurt & Belly Bear Grahams <u>LUNCH</u> Hot Dog on a Bun	1 2 3 Advantages of Eating in The A.M. When you eat breakfast you're telling your body that there are plenty of calories to be had for the day. When you skip breakfast the message your body gets is that it needs to conserve rather than burn any incoming calories, (Christy C. Tangney, PhD, Professor of Clinical Nutrition at Rush University).			4 Offering Daily Lunch Option.

Summer Food Service



Announcements:

Further information and details will be provided in May.

Summer Food Service is free meal program to all childer ages 18 and youger.

For general information on Summer Food Service, please visit <https://www.azhealthzone.org/resources/> to find sites closest to you that are offering summer food service.

This institution is an equal opportunity provider.