

April 2021

High Desert Middle School

BREAKFAST



This school is an equal opportunity provider



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



5

French Toast Sticks
Cherry Frudel

6

Pancake Variety
Sausage Gravy or a Biscuit

7

Bagel with cream cheese
Strawberry Bagel
Breakfast Sandwich

1

Donut
Pillsbury Cini Mini's

2

12

French Toast Sticks
Cherry Frudel

13

Pancake Variety
Sausage Gravy or a Biscuit

14

Bagel with cream cheese
Strawberry Bagel
Breakfast Sandwich

15

Donut
Pillsbury Cini Mini's

16

19

French Toast Sticks
Cherry Frudel

20

Pancake Variety
Sausage Gravy or a Biscuit

21

Bagel with cream cheese
Strawberry Bagel
Breakfast Sandwich

22

Donut
Pillsbury Cini Mini's

23

26

French Toast Sticks
Cherry Frudel

27

Pancake Variety
Sausage Gravy or a Biscuit

28

Bagel with cream cheese
Strawberry Bagel
Breakfast Sandwich

29

Donut
Pillsbury Cini Mini's

30