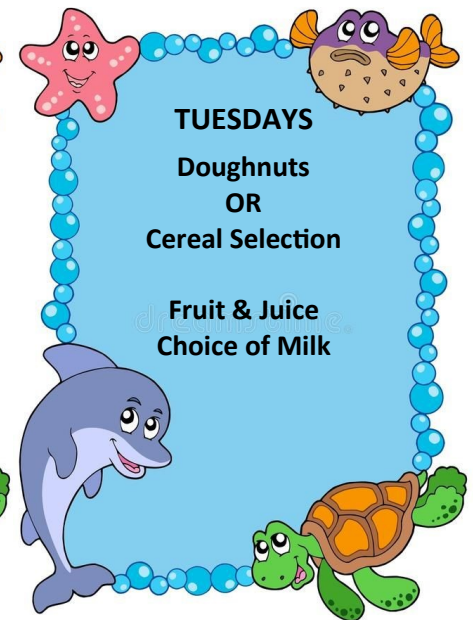
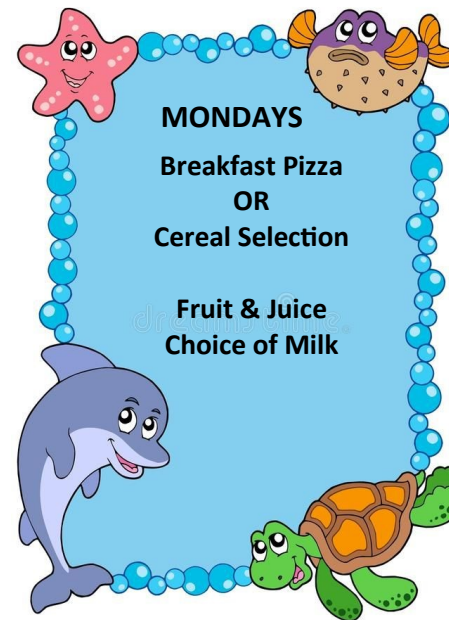
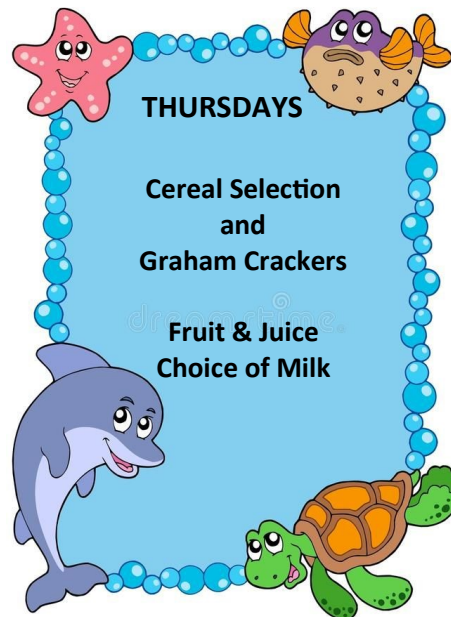
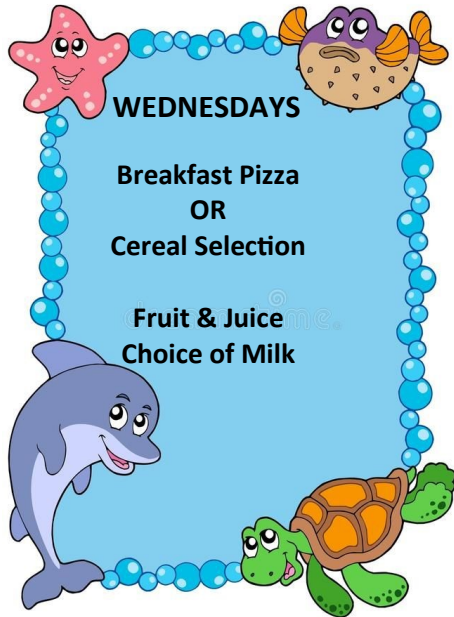


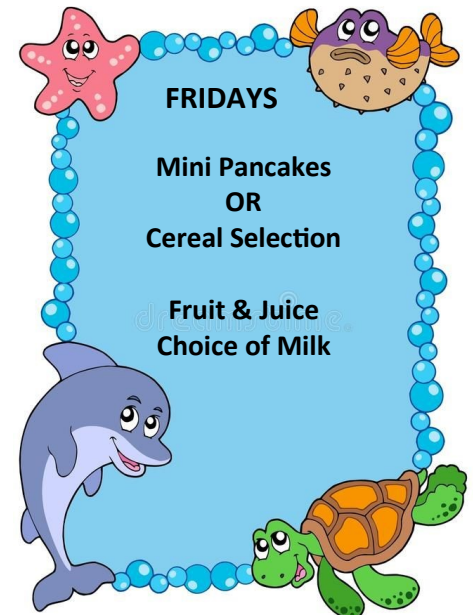
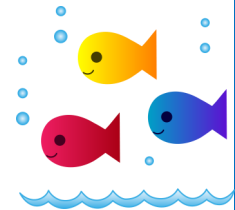
April Breakfast Menus

This institution is an equal opportunity provider.
Menus are subject to change.

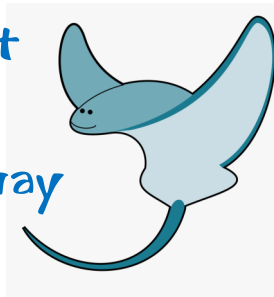


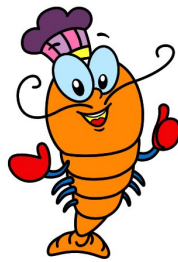
Swim right through the breakfast
line! There's no cost to enjoy a
complete breakfast with us!*

*(Limited to 1 free complete breakfast daily)



Come join us for breakfast
each morning!
It's a "swimmingly" great way
to start your day!





April 2022



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Spring Break April 4th-8th

Have a safe and fun spring break!

Friday, April 1

Hot Dog or Chili Dog
Potato Tots
Coleslaw
Roasted Garbanzo Beans
Assorted Fruits
Choice of Milk



FRUIT Strawberries



Strawberries are the most popular berries, and they're nutritious, too. A half-cup of strawberries supplies nearly three quarters of your daily vitamin C and more fiber than a slice of whole wheat bread.

OF THE MONTH

Monday, April 11

Chicken Fingers
Dutch Waffle
Mashed Potatoes & Gravy
Glazed Baby Carrots
Assorted Fruits
Choice of Milk

Tuesday, April 12

Pepperoni Pizza
French Fries
Broccoli w/ Cheese Sauce
Assorted Fruits
Choice of Milk



How do high school fish stay eligible for a

**HOPE
Scholarship?**



They stay above
"C"
level.



Wednesday, April 13

Walking Nachos
Steamed Corn
Salsa & Sour Cream
Assorted Fruits
Choice of Milk



Thursday, April 14

Corn Dog
Long Branch Potatoes
Caesar Salad
Farm Fresh Vegetable
Assorted Fruits
Choice of Milk

**Parents and Grandparents,
Are you "fishing" for something to
do? We would love to "hook" you
up with a great job with us! Go to
BryanCountySchools.org and apply
online today!**



**For more information, call
our office at (912) 459-5121.**



Friday, April 15

Cheeseburger
French Fries
Lettuce/Tomatoes/Pickles
Baked Beans
Assorted Fruits
Choice of Milk



Monday, April 18

Pizza
Steamed Corn
French Fries
Assorted Fruits
Choice of Milk



Tuesday, April 19

Salisbury Steak
Mashed Potatoes/Gravy
School Baked Roll
Farm Fresh Vegetable
Assorted Fruits
Choice of Milk

VEGETABLE

Lima Beans

Lima Beans, like other "legumes," are very high in fiber. They're also a nearly fat-free plant source of high-quality protein.

Lima beans are also high in many key minerals like iron and magnesium.



OF THE MONTH

Wednesday, April 20

Chicken Nuggets
School Baked Roll
Macaroni & Cheese
Farm Fresh Vegetable
Assorted Fruits
Choice of Milk



Thursday, April 21

Spaghetti
Broccoli/Cheese Sauce
Caesar Salad
Garlic Bread
Assorted Fruits
Choice of Milk

Friday, April 22

Hot Dog or Chili Dog
Potato Tots
Coleslaw
Baked Beans
Assorted Fruits
Choice of Milk

NUTRITION TO GO

Microwaved foods may actually retain more nutrients than foods cooked by traditional methods. For example, spinach retains all of its folate (a B vitamin) when microwaved, but only 70% when boiled. Food that's cooked for less time (and in less water) generally keeps more of the good stuff.

A QUICK BITE FOR PARENTS

Monday, April 25

Chicken Fingers
Dutch Waffle
Mashed Potatoes & Gravy
Glazed Baby Carrots
Assorted Fruits
Choice of Milk

Tuesday, April 26

Country Style Steak
Rice & Gravy
Black-eyed Peas
Steamed Corn
School Baked Roll
Assorted Fruits
Choice of Milk



HERB/SPICE

Mint

Herbs and spices are plants that are used to flavor food. Mint is perhaps the easiest herb to grow at home. And it's flavorful, too -- in iced tea, on fruit salad, as a seasoning for lamb, in a smoothie, or mixed with rice.



OF THE MONTH

Wednesday, April 27

Manager's Choice



Thursday, April 28

Cheeseburger
French Fries
Lettuce/Tomato/Pickle
Raw Baby Carrots/Dip
Assorted Fruits
Choice of Milk

GRAIN

Oatmeal

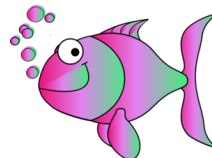
Oatmeal is so good for you! It has long been a favorite of world-class athletes, because it's rich in complex carbohydrates and fiber, which slow digestion and deliver long-lasting energy.

OF THE MONTH



Friday, April 29

Grilled Cheese
French Fries
Raw Broccoli & Dip
Assorted Fruits
Choice of Milk



WHY ARE FISH SO SMART? BECAUSE THEY CAN USUALLY BE FOUND IN SCHOOLS! Be smart...stay in school. The end of the year is near, so stay on task so you don't feel like you're sinking! Just keep swimming, just keep swimming.....

