

APRIL 2024

Dehesa School

BREAKFAST



This institution is an equal opportunity provider. Offered daily 1% white milk, fat free chocolate, and whole milk. Given at every meal ½-cup fresh vegetables, ½-cup fresh fruit. WG=Whole Grain



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

Assorted Breakfast
Fresh Fruit
Milk

1

White Concha
Fresh Fruit
Milk

2

Waffles
Fresh Fruit
Milk

3

Coffee Cake
Fresh Fruit
Milk

4

Muffin
Fresh Fruit
Milk

5

Assorted Breakfast
Fresh Fruit
Milk

8

Chocolate Concha
Fresh Fruit
Milk

9

Waffles
Fresh Fruit
Milk

10

Coffee Cake
Fresh Fruit
Milk

11

Muffin
Fresh Fruit
Milk

12

Assorted Breakfast
Fresh Fruit
Milk

15

White Concha
Fresh Fruit
Milk

16

Waffles
Fresh Fruit
Milk

17

Coffee Cake
Fresh Fruit
Milk

18

Muffin
Fresh Fruit
Milk

19

Assorted Breakfast
Fresh Fruit
Milk

22

Chocolate Concha
Fresh Fruit
Milk

23

Waffles
Fresh Fruit
Milk

24

Coffee Cake
Fresh Fruit
Milk

25

Muffin
Fresh Fruit
Milk

26

Assorted Breakfast
Fresh Fruit
Milk

29

White Concha
Fresh Fruit
Milk

30

