



# ESSEX NORTH SHORE

## AGRICULTURAL & TECHNICAL SCHOOL

### April 2021 School Breakfast Menu

*Serving Healthy Meals for Healthy Bodies & Minds*

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<b>Additional Daily Options</b> Bagel w/cream cheese Fruit & Yogurt Parfaits w/Granola Cold Cereal
			<b>1</b> French Toast Sticks Tri-Taters Assorted Fruit Juice/Yogurt Milk	<b>2</b> No School Good Friday	
<b>5</b> Breakfast Sandwich Assorted Fruit Juice Milk	<b>6</b> Lego Choc-Chip Waffles Tater Tots Yogurt Assorted Fruit Juice Milk	<b>7</b> French Toast Sticks Tri-Taters Assorted Fruit Juice/Yogurt Milk	<b>8</b> Mini-Pancakes Tri-Taters Assorted Fruit Juice/Yogurt Milk	<b>9</b> Tater Bowl Assorted Fruit Juice/Yogurt Milk	



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<b>12</b>  <b>Tater Bowl</b> <b>Assorted Fruit</b> <b>Juice/Yogurt</b> <b>Milk</b>	<b>13</b>  <b>French Toast Sticks</b>  <b>Tri-Taters</b>  <b>Assorted Fruit</b>  <b>Juice/Yogurt</b>  <b>Milk</b>	<b>14</b>  <b>Breakfast Sandwich</b>  <b>Yogurt</b>  <b>Assorted Fruit</b>  <b>Juice</b>  <b>Milk</b>	<b>15</b>  <b>Pancake Sandwich</b> <b>w/egg &amp; cheese</b>  <b>Fresh Fruit</b>  <b>Juice Milk</b>	<b>16</b>  <b>Assorted Muffins</b>  <b>Yogurt</b>  <b>Assorted Fruit</b>  <b>Juice</b>  <b>Milk</b>	<b>Additional Daily Options</b> Bagel w/ cream cheese Fruit & Yogurt Parfaits/Granola Cereal
<b>19</b>  <b>School Vacation</b>  <b>No School</b>	<b>20</b>  <b>School Vacation</b>  <b>No School</b>	<b>21</b>  <b>School Vacation</b>  <b>No School</b>	<b>22</b>  <b>School Vacation</b>  <b>No School</b>	<b>23</b>  <b>School Vacation</b>  <b>No School</b>	



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<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
<b>French Toast Sticks</b>  <b>Tri-Taters</b>  <b>Assorted Fruit</b>  <b>Juice/Yogurt</b>  <b>Milk</b>	<b>Pancake Sandwich w/egg &amp; cheese</b>  <b>Fresh Fruit</b>  <b>Juice Milk</b>	<b>Mini-Pancakes</b>  <b>Tater Tots</b>  <b>Assorted Fruit</b>  <b>Juice/Yogurt</b>  <b>Milk</b>	<b>Round Waffle Sticks</b>  <b>Tater Tots</b>  <b>Assorted Fruit</b>  <b>Juice/Yogurt</b>  <b>Milk</b>	<b>Breakfast Sandwich</b>  <b>Yogurt</b>  <b>Assorted Fruit</b>  <b>Juice</b>  <b>Milk</b>
All Meals include: Fresh Fruit, Vegetable & Milk This institution is an equal opportunity provider. Menu Subject to Change.				Give yourself the goodness of whole grains. Make at least half of the grains you eat whole grains such as bread, tortillas, pasta, and cereals. heart and digestion, and can help you maintain a healthy weight and good overall health.