

# APRIL | 2021



## RANDOLPH SOUTHERN BREAKFAST

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>29</p> <p>USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER</p>	<p>30</p> <p>MENU IS SUBJECT TO CHANGE DUE TO DELIVERY OR EQUIPMENT ISSUES</p>	<p>31</p>	<p>1</p> <p>POPTART JUICE FRUIT MILK</p>	<p>2</p> <p>CINNI MINI JUICE FRUIT MILK</p>
<p>5</p> <p>BANANA BREAD JUICE FRUIT MILK</p>	<p>6</p> <p>CEREAL BAR JUICE FRUIT MILK</p>	<p>7</p> <p>DONUT JUICE FRUIT MILK</p>	<p>8</p> <p>EGG SANDWICH JUICE FRUIT MILK</p>	<p>9</p> <p>GOGURT GOLDFISH JUICE FRUIT MILK</p>
<p>12</p> <p>MUFFIN JUICE FRUIT MILK</p>	<p>13</p> <p>CINNAMON TEXAS TOAST JUICE FRUIT MILK</p>	<p>14</p> <p>CINNAMON BLUEBERRY BREADSTICK JUICE FRUIT MILK</p>	<p>15</p> <p>APPLE SLICES GOLDFISH JUICE MILK</p>	<p>16</p> <p>SAUSAGE BISCUIT JUICE FRUIT MILK</p>
<p>19</p> <p>COCOA BREAD JUICE FRUIT MILK</p>	<p>20</p> <p>STRING CHEESE GRAHAM CRACKERS JUICE FRUIT MILK</p>	<p>21</p> <p>BREAKFAST SLIDER JUICE FRUIT MILK</p>	<p>22</p> <p>POPTART JUICE FRUIT MILK</p>	<p>23</p> <p>DONUT JUICE FRUIT MILK</p>
<p>26</p> <p>EGG SANDWICH JUICE FRUIT MILK</p>	<p>27</p> <p>MUFFIN JUICE FRUIT MILK</p>	<p>28</p> <p>CINNI MINI JUICE FRUIT MILK</p>	<p>29</p> <p>CEREAL BAR JUICE FRUIT MILK</p>	<p>30</p> <p>BANANA BREAD JUICE FRUIT MILK</p>

### News

#### DID YOU KNOW?

Skipping breakfast has a negative effect on health.

It is important for kids to eat a healthy breakfast to refuel their bodies after sleep.

Your brain also requires food for fuel and prefers energy from food eaten recently.

A good breakfast consists of: a protein, a grain and a fruit serving.