



# Him by Her April Breakfast Menu

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
4	Cream of Wheat plus graham cracker (2G) (1C) Variety of Fruit (8 fl oz) Assorted Milk	1	Mini Waffles w/ Syrup (2 gr), (1C) Variety of Fruit (8 fl oz) Assorted Milk	2	WG Chicken Biscuit (2gr) (1C) Variety of Fruit (8 fl oz) Assorted Milk	3	Yogurt Parfait (1M, 1G, 1/2 C Fruit) (1/2 C) 100% Juice (8 fl oz) Assorted Milk	7	Choice of Cereal (1 gr), (1C) Variety of Fruit (8 fl oz) Assorted Milk
11	Breakfast Pizza (1C) Variety of Fruit (8 fl oz) Assorted Milk	8	WG Maple Pancakes, (2gr) (1C) Variety of Fruit (8 fl oz) Assorted Milk	9	Turkey Sausage Biscuit (2gr) (1C) Variety of Fruit (8 fl oz) Assorted Milk	14	Egg and Cheese Biscuit (2gr) (1C) Variety of Fruit (8 fl oz) Assorted Milk	15	Choice of Cereal (1 gr), (1C) Variety of Fruit (8 fl oz) Assorted Milk
18	Oatmeal plus graham cracker (2G) (1C) Variety of Fruit (8 fl oz) Assorted Milk	10	Mini Waffles w/ Syrup (2 gr), (1C) Variety of Fruit (8 fl oz) Assorted Milk	16	WG Chicken Biscuit (2gr) (1C) Variety of Fruit (8 fl oz) Assorted Milk	21	Yogurt Parfait (1M, 1G, 1/2 C Fruit) (1/2 C) 100% Juice (8 fl oz) Assorted Milk	22	Choice of Cereal (1 gr), (1C) Variety of Fruit (8 fl oz) Assorted Milk
25	Breakfast Pizza (1C) Variety of Fruit (8 fl oz) Assorted Milk	17	WG Maple Pancakes, (2gr) (1C) Variety of Fruit (8 fl oz) Assorted Milk	23	Turkey Sausage Biscuit (2gr) (1C) Variety of Fruit Assorted Milk (8oz)	28	Egg and Cheese Biscuit (2gr) (1C) Variety of Fruit (8 fl oz) Assorted Milk	29	Choice of Cereal (1 gr), (1C) Variety of Fruit (8 fl oz) Assorted Milk

All grains served at Breakfast are Whole Grain. All breakfasts at Him By Her Collegiate School for the Arts are served with a variety of fresh fruit, canned fruit, and / or fruit juice daily, as well as flavored fat free milk and unflavored 1% milk.