

Spring Break April 3 thru 7, 2023

|  | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Week 2 | April 10 | April 11 | April 12 | April 13 | April 14 |
| Meat, Meat Alt. \& Grain (Choose 1) | - Yogurt w/Muffin <br> - Assorted Cereal w/String Cheese | - Super Bakery Pastry <br> - Kellogg's Cereal Kit | - Steak on Southern Biscuit <br> - Assorted Cereal w/String Cheese | - Turkey Bacon Egg \& Cheese on English Muffin <br> - Assorted Cereal I w/String Cheese | - Steak Biscuit <br> - Assorted Cereal w/Cheese Stick |
| Fruit \& Vegetable <br> (Choose 1-2) | Fresh Fruit in Season <br> 100\% Fruit Juice | - Fresh Granny Smith Apple <br> - $100 \%$ Fruit Juice | - Strawberries Cup <br> - 100\% Fruit Juice | - Assorted Fruit <br> - 100\% Fruit Juice | - Fresh Orange <br> - 100\% Fruit Juice |
| Week 3 | April 17 | April 18 | April 19 | April 20 | April 21 |
| Meat, Meat Alt. \& Grain (Choose 1) | - Poptart and Hardboiled Egg <br> - Assorted Cereal Bowl w/Cheese Stick | - Steak Biscuit <br> - Yogurt w/Muffin | - Turkey Sausage Biscuit <br> - Assorted Cereal Bowl w/Cheese Stick | - Yogurt w/Muffin <br> - Assorted Cereal Bowl w/Cheese Stick | - Super Bakery Pastry <br> - Assorted Cereal Bowl w/Cheese Stick |
| Fruit \& Vegetable <br> (Choose 1-2) | Fresh Fruit in Season <br> 100\% Fruit Juice | - Fresh Apple <br> - $100 \%$ Fruit Juice | - Fruit Cups <br> - $100 \%$ Fruit Juice | - Fresh Assorted Fruit <br> - $100 \%$ Fruit Juice | - Fresh Orange <br> - $100 \%$ Fruit Juice |
| Week 4 | April 24 | April 25 | April 26 | April 27 | April 28 |
| Meat, Meat Alt. \& Grain (Choose 1) | - Yogurt w/Muffin <br> - Assorted Cereal Bowl w.Cheese Stick | - Sausage Pancake on a Stick <br> - Assorted Cereal Bowl w/Cheese Stick | - Steak on Southern Biscuit <br> - Assorted Cereal Bowl w/Cheese Stick | - Turkey Bacon, Egg \& Cheese on English Muffin <br> - Assorted Cereal w/Cheese Stick | - Steak Biscuit <br> - Assorted Cereal w/Cheese Stick |
| Fruit \& Vegetable <br> (Choose 1-2) | Fresh Fruit in Season <br> 100\% Fruit Juice | - Fresh Apple <br> - $100 \%$ Fruit Juice | - Fruit Cups <br> - 100\% Fruit Juice | - Fresh Assorted Fruit <br> - 100\% Fruit Juice | - Fresh Orange <br> - 100\% Fruit Juice |
| Mik (Choose 1 per meal) |  |  | USDA Nondiscrimination Statement: rvaschools.net/students-families/meal-distribution |  |  |
| LF White \\| LF Chocolate | FF Skim |  |  |  |  |  |

