



# April 2010



MYSTIC VALLEY REGIONAL CHARTER SCHOOL

BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
			1 FROSTED FLAKES (REDUCED SUGAR) Apple Granola Square Blended Fruit Juice	2 BANANA MUFFIN Orange Juice
5 MAPLE EGGO CRUNCH (WHOLE GRAIN) Strawberry Pop Tart Apple Juice	6 BLUEBERRY MUFFIN Grape Juice	7 MINI WHEATS LITTLE BITES (WHOLE GRAIN) Wrapped Plain Bagel Apple Cranberry Juice	8 RICE KRISPIES Plain Donut Grape Juice	9 CRISPIX Apple Muffin Orange Juice
12 COCOA KRISPIES Apple Granola Square Blended Fruit Juice	13 CORN FLAKES Cinnamon Raisin Bagel Grape Juice	14 BANANA MUFFIN Orange Pineapple Juice	15 FROOT LOOPS Cinnamon Breakfast Square Apple Cranberry Juice	16 FROSTED MINI WHEATS (WHOLE GRAIN) Superstix with strawberry cream cheese Orange Juice
19	20	21	22	23
<b>SPRING BREAK</b>				
26 FROSTED FLAKES (REDUCED SUGAR) Cinnamon Breakfast Square Apple Juice	27 APPLE MUFFIN Grape Juice	28 MAPLE EGGO CRUNCH (WHOLE GRAIN) Banana Muffin Blended Fruit Juice	29 COCOA KRISPIES Apple Granola Square Grape Juice	30 CINNAMON RAISIN BAGEL Orange Pineapple Juice

\*\*\*ALL MEALS SERVED WITH APPROPRIATE BUNS, CONDIMENTS AND A CHOICE OF MILK. \*MENU SUBJECT TO CHANGE.



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