

Bristol Jr./Sr. High School Breakfast Menu

menus for

APRIL

2025

This institution is an equal opportunity provider. Menus are subject to change.

Tuesday, April 1

Bacon, Egg, and Cheese Sandwich on WW Bun

Add To Any Meal:
 Low Fat String Cheese
 Low Fat Yogurt
 Assorted Chilled Fruit Cup
 Assorted Fresh Fruit
 Assorted 100% Fruit Juice

Wednesday, April 2

Whole Grain French Toast Sticks with Syrup

Add To Any Meal:
 Low Fat String Cheese
 Low Fat Yogurt
 Assorted Chilled Fruit Cup
 Assorted Fresh Fruit
 Assorted 100% Fruit Juice

Thursday, April 3

Sausage, Egg, and Cheese Sandwich on WW Bun

Add To Any Meal:
 Low Fat String Cheese
 Low Fat Yogurt
 Assorted Chilled Fruit Cup
 Assorted Fresh Fruit
 Assorted 100% Fruit Juice

Friday, April 4


Early dismissal today!

Whole Grain Pancake and Sausage on a Stick

Add To Any Meal:
 Low Fat String Cheese
 Low Fat Yogurt
 Assorted Chilled Fruit Cup
 Assorted Fresh Fruit
 Assorted 100% Fruit Juice

STATE OF MIND.

Physical activity isn't just good for your body. Regular exercise has been shown to help guard the mind against depression, too.



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Monday, April 7

Whole Grain Assorted Muffin with Low Fat Yogurt

Add To Any Meal:
 Low Fat String Cheese
 Low Fat Yogurt
 Assorted Chilled Fruit Cup
 Assorted Fresh Fruit
 Assorted 100% Fruit Juice

Tuesday, April 8

Bacon, Egg, and Cheese Sandwich on WW Bun

Add To Any Meal:
 Low Fat String Cheese
 Low Fat Yogurt
 Assorted Chilled Fruit Cup
 Assorted Fresh Fruit
 Assorted 100% Fruit Juice

Wednesday, April 9

Whole Grain Cinnamon Roll with Low Fat Yogurt

Add To Any Meal:
 Low Fat String Cheese
 Low Fat Yogurt
 Assorted Chilled Fruit Cup
 Assorted Fresh Fruit
 Assorted 100% Fruit Juice

Thursday, April 10

Sausage, Egg, and Cheese Sandwich on WW Bun

Add To Any Meal:
 Low Fat String Cheese
 Low Fat Yogurt
 Assorted Chilled Fruit Cup
 Assorted Fresh Fruit
 Assorted 100% Fruit Juice

Friday, April 11

Whole Grain Breakfast Pizza

Add To Any Meal:
 Low Fat String Cheese
 Low Fat Yogurt
 Assorted Chilled Fruit Cup
 Assorted Fresh Fruit
 Assorted 100% Fruit Juice

Only an Illusion

Do you think the two squares labeled A and B are different shades of gray? Guess what? **They're the same color!** If you're interested, you can see proof and learn more by searching on line for "Checkershadow Illusion - MIT".



Edward H. Adelson

NUTRITION TO GO

As a rule, Americans don't eat enough beans! Beans are the best plant source of protein and contain little of the fat and cholesterol that accompany the protein in meat. Beans also provide more fiber than almost any other plant food and nearly as much calcium as milk. Plus, beans' slow release of glucose makes them a superfood for people with diabetes.

A QUICK BITE FOR PARENTS

Monday, April 14

Whole Grain Pancakes with
Turkey Sausage Links

Add To Any Meal:

Low Fat String Cheese
Low Fat Yogurt
Assorted Chilled Fruit Cup
Assorted Fresh Fruit
Assorted 100% Fruit Juice

Tuesday, April 15

Bacon, Egg, and Cheese
Sandwich on WW Bun

Add To Any Meal:

Low Fat String Cheese
Low Fat Yogurt
Assorted Chilled Fruit Cup
Assorted Fresh Fruit
Assorted 100% Fruit Juice

**BREAKFAST
IS
FREE
FOR
ALL STUDENTS
EVERY SCHOOL DAY.**

**(Just thought
we'd remind you.)**



Last Day of Classes:
Tuesday, April 15

Classes resume:
Tuesday, April 22

**Word
of the
Month**
re·li·a·ble

adj. 1. trustworthy, steady
2. characterized by
consistent dependability
of judgment, character,
performance, or result
3. accurate, true

Tuesday, April 22

Whole Grain Dutch Waffles
with Low Fat Yogurt

Add To Any Meal:

Low Fat String Cheese
Low Fat Yogurt
Assorted Chilled Fruit Cup
Assorted Fresh Fruit
Assorted 100% Fruit Juice

Wednesday, April 23

Sausage, Egg, and Cheese
Sandwich on WW Bun

Add To Any Meal:

Low Fat String Cheese
Low Fat Yogurt
Assorted Chilled Fruit Cup
Assorted Fresh Fruit
Assorted 100% Fruit Juice

Thursday, April 24

Whole Grain French Toast
Sticks with Syrup

Add To Any Meal:

Low Fat String Cheese
Low Fat Yogurt
Assorted Chilled Fruit Cup
Assorted Fresh Fruit
Assorted 100% Fruit Juice

Friday, April 25

Bacon, Egg, and Cheese
Sandwich on WW Bun

Add To Any Meal:

Low Fat String Cheese
Low Fat Yogurt
Assorted Chilled Fruit Cup
Assorted Fresh Fruit
Assorted 100% Fruit Juice

TIME TO BLOSSOM.

The flowers are coming out of hiding – and so should you! That resolution to exercise more that seemed so hard in the cold light of January is much more do-able as the weather warms!



**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!**

Monday, April 28

Whole Grain Apple Strudel
with Low Fat Yogurt

Add To Any Meal:

Low Fat String Cheese
Low Fat Yogurt
Assorted Chilled Fruit Cup
Assorted Fresh Fruit
Assorted 100% Fruit Juice

Tuesday, April 29

Sausage, Egg, and Cheese
Sandwich on WW Bun

Add To Any Meal:

Low Fat String Cheese
Low Fat Yogurt
Assorted Chilled Fruit Cup
Assorted Fresh Fruit
Assorted 100% Fruit Juice

Wednesday, April 30

Whole Grain Assorted
Breakfast Bread
with Low Fat Yogurt

Add To Any Meal:

Low Fat String Cheese
Low Fat Yogurt
Assorted Chilled Fruit Cup
Assorted Fresh Fruit
Assorted 100% Fruit Juice

★ **OUR NATION'S HISTORY** ★

Earth Day April 22

The first Earth Day took place 55 years ago this month on April 22, 1970. Wisconsin Senator Gaylord Nelson, a Democrat, and California Congressman Pete McCloskey, a Republican, co-chaired events at schools, colleges, and parks across the U.S. that drew 20 million Americans outside on a Spring day to make a commitment to care for the environment. Earth Day is now celebrated in nearly 200 nations around the world.

Keep it clean

★ **WITH LIBERTY & JUSTICE FOR ALL** ★