



# April

2022

## In Season Artichoke

One serving of artichokes provides greater antioxidant benefits per serving than many other foods traditionally considered to be antioxidant-rich.

They also provide 10.3 grams of dietary fiber, which can improve your overall digestive health.



Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast  
Pizza  
Fruit, Juice  
Milk **1**

Banana Bread **4**  
Fruit, Juice  
Milk

French Toast **5**  
Fruit, Juice  
Milk

Egg & cheese  
Breakfast  
Sandwich  
Fruit, Juice  
Milk **6**

Buttermilk  
Pancakes  
Fruit, Juice  
Milk **7**

Breakfast  
Pizza  
Fruit, Juice  
Milk **8**

Banana Bread **11**  
Fruit, Juice  
Milk

French Toast **12**  
Fruit, Juice  
Milk

Egg & cheese  
Breakfast  
Sandwich  
Fruit, Juice  
Milk **13**

Buttermilk  
Pancakes  
Fruit, Juice  
Milk **14**

Breakfast  
Pizza  
Fruit, Juice  
Milk **15**

Banana Bread **18**  
Fruit, Juice  
Milk

French Toast **19**  
Fruit, Juice  
Milk

Egg & cheese  
Breakfast  
Sandwich  
Fruit, Juice  
Milk **20**

Buttermilk  
Pancakes  
Fruit, Juice  
Milk **21**

Breakfast  
Pizza  
Fruit, Juice  
Milk **22**

Banana Bread **25**  
Fruit, Juice  
Milk

French Toast **26**  
Fruit, Juice  
Milk

Egg & cheese  
Breakfast  
Sandwich  
Fruit, Juice  
Milk **27**

Buttermilk  
Pancakes  
Fruit, Juice  
Milk **28**

Breakfast  
Pizza  
Fruit, Juice  
Milk **29**

## Announcements

### Elementary Breakfast Menu

Daily Milk Options  
1% White Milk  
Non-fat Chocolate Milk

**Additional Daily Breakfast Options:**  
Cereal

## Meal Prices

**1 Breakfast and 1 Lunch are Free to All Students Enrolled in the Riverview School District**