

APRIL 2024

Vinalhaven School

BREAKFAST



School Information:

April break: 4/15-4/19
Early Release @ 12 on 4/26- Parent/teacher conference in afternoon



Nutrition Tip: Make Fruit More Appealing. Make a fruit smoothie by blending fat-free or low-fat milk or yogurt with fresh or frozen fruit. Try bananas, peaches, strawberries, or other berries.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

April Fool's Day

1

Lobster eggs benedict...
JUST KIDDING!!!!
We'll have cereal!

2

Breakfast quesadilla

3

Yogurt parfait

4

WG waffles

5

Cereal

8

Cereal

9

Yogurt parfait

10

Breakfast Sandwich

11

WG donuts

12

Cereal

15

NO SCHOOL

16

NO SCHOOL

17

NO SCHOOL

18

NO SCHOOL

19

NO SCHOOL

Earth Day

22

Cereal

23

WG muffin

24

Breakfast sandwich

25

Yogurt parfait

26

National Pretzel Day

Cereal

29

Cereal

30

Frittata

