



# Mount Olive Elementary Schools

April 2018

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
<b>Spring Recess! School Closed</b>				
9 <b>Assorted Muffins with Cheese Stick</b> Assorted Fruit 100% Fruit Juice Milk Selection	10 <b>Berry Rice Krispie Cereal Bar with Low Fat Yogurt</b> Assorted Fruit 100% Fruit Juice Milk Selection	11 <b>Bagel with Cream Cheese</b> Assorted Fruit 100% Fruit Juice Milk Selection	12 <b>Assorted Muffins with Yogurt</b> Assorted Fruit 100% Fruit Juice Milk Selection	13 <b>Bagel with Cream Cheese</b> Assorted Fruit 100% Fruit Juice Milk Selection
16 <b>Assorted Muffins with Cheese Stick</b> Assorted Fruit 100% Fruit Juice Milk Selection	17 <b>Berry Rice Krispie Cereal Bar with Low Fat Yogurt</b> Assorted Fruit 100% Fruit Juice Milk Selection	18 <b>Bagel with Cream Cheese</b> Assorted Fruit 100% Fruit Juice Milk Selection	19 <b>Assorted Muffins with Yogurt</b> Assorted Fruit 100% Fruit Juice Milk Selection	20 <b>Bagel with Cream Cheese</b> Assorted Fruit 100% Fruit Juice Milk Selection
23 <b>Assorted Muffins with Cheese Stick</b> Assorted Fruit 100% Fruit Juice Milk Selection	24 <b>Berry Rice Krispie Cereal Bar with Low Fat Yogurt</b> Assorted Fruit 100% Fruit Juice Milk Selection	25 <b>Bagel with Cream Cheese</b> Assorted Fruit 100% Fruit Juice Milk Selection	26 <b>Assorted Muffins with Yogurt</b> Assorted Fruit 100% Fruit Juice Milk Selection	27 <b>Bagel with Cream Cheese</b> Assorted Fruit 100% Fruit Juice Milk Selection
30 <b>Assorted Muffins with Cheese Stick</b> Assorted Fruit 100% Fruit Juice Milk Selection				

## Get a Healthy Start to Your Day with School Breakfast!

**Available Daily:**  
Assorted Cereals served with  
Graham Crackers  
Assorted Fruit  
100% Juice Selection  
Milk Selection

Did you know, if you are approved for free or reduced lunch, you are also eligible for breakfast!

Student Breakfast \$2.00

Adult Breakfast \$3.00

Reduced Breakfast \$0.30

### NUTRITION NEWS:

#### Eat the Colors of the Rainbow Week

Did you know that by eating a variety of colorful fruits and vegetables you are able to get a variety of different vitamins and minerals? Each vitamin and mineral gives you a special "superpower" or benefit! For example, that orange pigment in carrots and sweet potatoes otherwise known as beta-carotene aids in keeping good eye health and vision. This April, challenge yourself to eat a variety of different colored fruits & vegetables...your body will thank you later!



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