

# [Insert Public School Unit] Breakfast Menus for April 2025

| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| --- | --- | --- | --- | --- |
|  | April 1 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | April 2 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | April 3 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | April 4 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk |
| April 7 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | April 8 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | April 9 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | April 10 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | April 11 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk |
| April 14 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | April 15 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | April 16 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | April 17 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | April 18 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk |
| April 21 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | April 22 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | April 23 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | April 24 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | April 25 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk |
| April 28 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | April 29 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | April 30 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk |  |  |

## Nutrition Byte

### Every Youth Healthy

Did you know that April 21-25 is Every Kid Healthy Week? Every Kid Healthy™ Week is an annual celebration of school health and wellness. It takes place during the last full week of April – each day shines a spotlight on the actions schools and families are taking to improve the health and wellness of their kids and teens.

Nutrition, physical activity, and mental health impact learning. Eating nutritious meals and snacks, getting enough sleep, having a support system and healthy strategies to manage stress, and moving more with walking, biking, dancing, playing sports, or other activities you enjoy are all important. Healthy youth are better prepared to learn and thrive!

Everyone can take action during Every Kid Healthy™ Week and throughout the year. **Nutrilink:** Learn more and find resources at [actionforhealthykids.org](https://actionforhealthykids.org).

* Prepare and choose nutritious foods and beverages.
* Move more for fitness.
* Be kind to yourself and others.
* Serve as a role model for health and wellness.
* Learn about your local wellness policy for your school district and find ways you can get involved.
* Promote and support wellness for your school, family, and community.

# Photos of Healthy, Happy Youth[Insert Public School Unit] Lunch Menus for April 2025

| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| --- | --- | --- | --- | --- |
|  | April 1 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | April 2 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | April 3 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | April 4 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk |
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