

APRIL 2025

CANIFF LIBERTY ACADEMY PREK-8

BREAKFAST



School Information:

All Meats meet USDA guidelines for a healthy school breakfast!
All Students must have a serving of fresh fruit for breakfast.
All grains served are whole grain rich.



Nutritional Tip:



Practice Stealth Health-Sneak Veggies into your favorite foods.
Go light on the meat & top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and/or artichoke hearts.



MONDAY



TUESDAY

No School

WEDNESDAY

No School

THURSDAY

No School

FRIDAY

No School

Oatmeal Bar (Ubr)

One Cup Serving Fresh Fruits
Unflavored Low-Fat/
Fat Free Milk

Chocolate Chip Muffin

One Cup Serving Fresh Fruits
Unflavored Low-Fat/
Fat Free Milk

Cinnamon Roll

One Cup Serving Fresh
Fruits Unflavored Low-Fat/
Fat Free Milk

Corn Bread

One Cup Serving Fresh Fruits
Unflavored Low-Fat/
Fat Free Milk

Frenchh Toast

One Cup Serving Fresh Fruits
Unflavored Low-Fat/
Fat Free Milk

Coco Puffs Cereal

One Cup Serving Fresh Fruits
Unflavored Low-Fat/
Fat Free Milk

Cake Crumb

One Cup Serving Fresh Fruits
Unflavored Low-Fat/
Fat Free Milk

Waffles

One Cup Serving Fresh
Fruits Unflavored Low-Fat/
Fat Free Milk

Cinnamon Roll

One Cup Serving Fresh
Fruits Unflavored Low-Fat/
Fat Free Milk

No School

2pc Cinnamon Graham Crackers

One Cup Serving Fresh Fruits
Unflavored Low-Fat/
Fat Free Milk

Zee Zee Breakfast Bar

One Cup Serving Fresh Fruits
Unflavored Low-Fat/
Fat Free Milk

Nutri-Grain Bar W/Crackers

One Cup Serving Fresh Fruits
Unflavored Low-Fat/
Fat Free Milk

Blueberry Muffin

One Cup Serving Fresh Fruits
Unflavored Low-Fat/
Fat Free Milk

Oatmeal Bar (Ubr)

One Cup Serving Fresh Fruits
Unflavored Low-Fat/
Fat Free Milk

Waffles

One Cup Serving Fresh
Fruits Unflavored Low-Fat/
Fat Free Milk

Corn Bread

One Cup Serving Fresh Fruits
Unflavored Low-Fat/
Fat Free Milk

Coco Puffs Cereal

One Cup Serving Fresh Fruits
Unflavored Low-Fat/
Fat Free Milk

This Institution is an equal Opportunity Provider. All students are eligible for free school meals. Menu choices are subject to change.