

April 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
<p>Advantages of Eating in The A.M. When you eat breakfast you're telling your body that there are plenty of calories to be had for the day. When you skip breakfast the message your body gets is that it needs to conserve rather than burn any incoming calories, (Christy C. Tangney, PhD, Professor of Clinical Nutrition at Rush University).</p>			<p><u>BREAKFAST</u> Honey Breakfast Bar</p> <p><u>LUNCH</u> Crispy Chicken Wrap</p>	<p><u>BREAKFAST</u> Cereal Bowl & Honey Graham Crackers</p> <p><u>LUNCH</u> Thai Chicken with Noodles</p>	<p><u>BREAKFAST</u> Cinnamon Bun</p> <p><u>LUNCH</u> Cheese Pizza</p>	<p>Join us for FREE breakfast and lunch every day of school</p>
5	6	7	8	9	10	11
<p><u>Breakfast Meal Includes:</u> Entrée, Milk, and Fruit</p>	<p><u>BREAKFAST</u> Cinnamon Oatmeal Round</p> <p><u>LUNCH</u> French Toast and Sausage Links</p>	<p><u>BREAKFAST</u> Cereal Bar & String Cheese</p> <p><u>LUNCH</u> BBQ Torta</p>	<p><u>BREAKFAST</u> Mini Bagel with Cream Cheese</p> <p><u>LUNCH</u> Italian Bread Cheese Pull-a-Part</p>	<p><u>BREAKFAST</u> Pop-Tart & Belly Bear Grahams</p> <p><u>LUNCH</u> Chicken Teriyaki BBQ</p>	<p><u>BREAKFAST</u> Snack'n Waffle</p> <p><u>LUNCH</u> Baked Ziti</p>	
12	13	14	15	16	17	18
<p><u>Lunch Meal Includes:</u> Entrée, Milk, Fruit and Vegetables</p>	<p><u>BREAKFAST</u> Banana Muffin</p> <p><u>LUNCH</u> Popcorn Chicken Bowl</p>	<p><u>BREAKFAST</u> French Toast</p> <p><u>LUNCH</u> Jazzy Jalapeno Quesadilla</p>	<p><u>BREAKFAST</u> Cherry Apple Crunch Bar</p> <p><u>LUNCH</u> Peanut Butter Jelly Sandwich</p>	<p><u>BREAKFAST</u> Carrot Bun</p> <p><u>LUNCH</u> Thai Chicken Salad</p>	<p><u>BREAKFAST</u> Mini Cinnamon Buns</p> <p><u>LUNCH</u> Cheese Ravioli</p>	<p>Offering Daily Lunch Option.</p>
19	20	21	22	23	24	25
<p>Offering Daily Lunch Option.</p>	<p><u>BREAKFAST</u> Oatmeal Raisin Breakfast Bar</p> <p><u>LUNCH</u> Mini Corn Dogs</p>	<p><u>BREAKFAST</u> Apple Frudel</p> <p><u>LUNCH</u> Crispy Chicken Tacos</p>	<p><u>BREAKFAST</u> Cereal Bowl & Cheese Cubes</p> <p><u>LUNCH</u> Cottage Cheese & Fruit Cup</p>	<p><u>BREAKFAST</u> Breakfast Wrap</p> <p><u>LUNCH</u> Orange Chicken & Brown Rice</p>	<p><u>BREAKFAST</u> Blueberry Muffin</p> <p><u>LUNCH</u> Pepperoni Pizza</p>	<p>Join us for FREE breakfast and lunch every day of school</p>
26	27	28	29	30	1	2
<p>Join us for FREE breakfast and lunch every day of school</p>	<p><u>BREAKFAST</u> Cereal Bar & Educational Cookies</p> <p><u>LUNCH</u> Chicken Patty Sandwich</p>	<p><u>BREAKFAST</u> Strawberry Yogurt & Belly Bear Grahams</p> <p><u>LUNCH</u> Bean & Cheese Burrito</p>	<p><u>BREAKFAST</u> Donut Bites</p> <p><u>LUNCH</u> Turkey Ham & Cheese Croissant Sandwich</p>	<p><u>BREAKFAST</u> Lemon Chip Bar</p> <p><u>LUNCH</u> Chinese Chicken EggRolls</p>	<p>*Menu is subject to change without prior notice, based on product availability. *Offering Daily Milk choices: 1% White, Fat Free White, and Fat Free Chocolate.</p>	

This institution is an equal opportunity provider.

Summer Food Service

Announcements: We will be offering summer food service. Further information and details will be provided in May.



Summer Food Service is free meal program to all children ages 18 and younger. For general information on Summer Food Service, please visit <https://www.azhealthzone.org/resources/> to find sites closest to you that are offering summer food service.