



## Durham Public Schools Breakfast in the Classroom Menu for April 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2024-25 Breakfast Prices:</b> Students: FREE for ALL Adults: \$2.50 Milk (each): \$0.50	<b>April 1</b> No School Spring Break	<b>April 2</b> No School Spring Break	<b>April 3</b> No School Spring Break	<b>April 4</b> No School Spring Break
<b>April 7</b> <b>Fruited Bread Slice (V)</b> Chilled Peaches	<b>April 8</b> <b>Yogurt Cup w/Granola (V)</b> <b>Pre-K: Yogurt Cup (V)</b> Mandarin Oranges	<b>April 9</b> <b>Whole Grain Cereal (V)</b> Fruit Choice	<b>April 10</b> <b>Cinnamon Roll (V)</b> <b>Pre-K: Blueberry Muffin (V)</b> Applesauce	<b>April 11</b> <b>Chicken Sausage Biscuit</b> Fruit Choice
<b>April 14</b> <b>Super Donut (V)</b> <b>Pre-K: Yogurt Cup (V)</b> Chilled Peaches	<b>April 15</b> <b>Breakfast Muffin (V)</b> Mandarin Oranges	<b>April 16</b> <b>Whole Grain Bagel w/Cream Cheese (V)</b> Fruit Choice	<b>April 17</b> <b>Fruited Bread Slice (V)</b> Applesauce	<b>April 18</b> No School Holiday
<b>April 21</b> No School Teacher Workday	<b>April 22</b> <b>Yogurt Cup w/Granola (V)</b> <b>Pre-K: Yogurt Cup (V)</b> Mandarin Oranges	<b>April 23</b> <b>Whole Grain Cereal (V)</b> Fruit Choice	<b>April 24</b> <b>Cinnamon Roll (V)</b> <b>Pre-K: Blueberry Muffin (V)</b> Applesauce	<b>April 25</b> <b>Chicken Sausage Biscuit</b> Fruit Choice
<b>April 28</b> <b>Fruited Bread Slice (V)</b> Chilled Peaches	<b>April 29</b> <b>Whole Grain Bagel w/Cream Cheese (V)</b> Mandarin Oranges	<b>April 30</b> <b>Breakfast Muffin (V)</b> Fruit Choice	Menus are subject to change (V): Meatless entrée Breakfast includes choice of low-fat or fat-free milk, fresh fruit, and 100% fruit juice.	<b>Daily Entrée Options</b> Whole Grain Cereal (V) Cereal Bars Yogurt w/Cereal Bar Combo
<b>Food Allergy Disclaimer:</b> Please be aware that School Nutrition Services prepares our food in commercial kitchens, where cross-contact with food allergens is possible and where ingredient substitutions and recipe revisions are sometimes made. Additionally, manufacturers of commercial food products we order may change their product formulation or ingredient consistency at any time without notification. Actual ingredients and nutritional content may vary, and we are not able to guarantee that any food item will be completely free of food allergens. If you have questions or any concerns regarding ingredients of a specific food or recipe, please reach out to the Durham Public Schools Nutrition Services at 919-560-2370.				

## 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://www.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.