



Durham Public Schools Whitted Pre-K Breakfast Menus for April 2025

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| | April 1 | April 2 | April 3 | April 4 |
| | No School Spring Break | No School Spring Break | No School Spring Break | No School Spring Break |
| April 7 | April 8 | April 9 | April 10 | April 11 |
| Mini Pancakes (V) Chilled Peaches Milk | Yogurt Cup (V) Mandarin Oranges Milk | Breakfast Pizza Fruit Choice Milk | Blueberry Muffin (V) Applesauce Milk | Chicken Sausage Biscuit Hash Brown Rounds Milk |
| April 14 | April 15 | April 16 | April 17 | April 18 |
| Yogurt Cup (V) Chilled Peaches Milk | Breakfast Muffin (V) Mandarin Oranges Milk | Whole Grain Cereal Fruit Choice Milk | Fruited Bread Slice (V) Applesauce Milk | No School Holiday |
| April 21 | April 22 | April 23 | April 24 | April 25 |
| No School Teacher Workday | Yogurt Cup (V) Mandarin Oranges Milk | Breakfast Pizza Fruit Choice Milk | Blueberry Muffin (V) Applesauce Milk | Chicken Sausage Biscuit Hash Brown Rounds Milk |
| April 28 | April 29 | April 30 | Menus are subject to change (V): Meatless entrée | |
| Fruited Bread Slice (V) Chilled Peaches Milk | Whole Grain Bagel w/Cream Cheese (V) Mandarin Oranges Milk | Whole Grain Cereal Fruit Choice Milk | | |

Food Allergy Disclaimer: 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.

Families Making the Connection

Every Kid 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 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. 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.