






Newman International Academy *Breakfast Menu*

April 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 no classes	2 chilled diced peaches 100% fruit juice or fresh fruit, milk French toast sticks - with side syrup ~ ~	3 fresh-cut orange 100% fruit juice, choice of milk English muffin sandwich with egg-cheese-turkey ham ~ ~	4 fresh banana 100% fruit juice, choice of milk breakfast 6" quesadilla w/egg and skillet beef ~ ~	5 fresh-cut fruit bowl 100% fruit juice or fresh fruit, milk fruit & yogurt parfait cereal: 'apple Os' ~ ~
8 chilled cinnamon apples 100% fruit juice, choice of milk Zee Zees® cereal bar cheese stick ~ ~	9 chilled diced peaches 100% fruit juice or fresh fruit, milk warm breakfast 6" taquito turkey sausage-egg-cheeddar ~ ~	10 fresh-cut orange 100% fruit juice, choice of milk warm "West,Texas" kolache w/turkey/ham & cheese ~ ~	11 fresh banana 100% fruit juice, choice of milk warm wg chicken biscuit with breaded chicken ~ ~	12 fresh-cut pineapple bowl 100% fruit juice or fresh fruit, milk warm whole grain waffles - with triple berry syrup ~ ~
15 chilled mixed fruit 100% fruit juice, choice of milk cinnamon apple oatmeal - with granola crunches or grahams 	16 chilled diced pears 100% fruit juice or fresh fruit, milk warm whole grain pancakes - with side syrup ~ ~	17 fresh-cut orange 100% fruit juice, choice of milk breakfast "slider" mini burger bun-turkey sausage ~ ~	18 fresh banana 100% fruit juice, choice of milk warm "Migas" breakfast taquito - egg-cheese-tortilla chips ~ ~	19 fresh-cut seasonal melon 100% fruit juice or fresh fruit, milk fruit & yogurt parfait cereal: "Lucky Charms" medley ~ ~
22 applesauce cup 100% fruit juice, choice of milk warm raspberry glazed whole grain cinnamon roll - 	23 chilled cinnamon apples 100% fruit juice or fresh fruit, milk warm whole grain waffles - with side syrup ~ ~	23 fresh-cut orange 100% fruit juice, choice of milk round-top wheat bread & jelly cereal: Cinnamon Toast® medley ~ ~	25 fresh banana 100% fruit juice or fresh fruit, milk warm "West,Texas" kolache w/turkey/ham & cheese ~ ~	26 applesauce cup 100% fruit juice, choice of milk cheesy breakfast potatoes with turkey sausage link ~ ~
29 chilled sliced peaches 100% fruit juice, choice of milk warm flaky Southern biscuit w/beef sausage cream gravy 	30 chilled sliced pears 100% fruit juice or fresh fruit fruit flavored low fat yogurt cup Fun and Fitness snack crackers ~ ~			

Serving those true tastes, recipes, and traditions of Texas as often as possible....

~ = NonMeat



Fruit is seasonally local sourced, when available

Any 'bakery' item is bake-in-house

a peanut & pork free menu



All sausage and ham is made from turkey or beef



1% or Skim Milk

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