

# May 2021

Type Your School Name Here

## BREAKFAST



**School Information:** ALL STUDENTS EAT FREE BREAKFAST UNTIL THE END OF SUMMER. THIS IS AN EQUAL OPPORTUNITY INSTITUTION



**Nutrition Tip:** Get started cooking more often at home: If you don't usually cook, start gradually. Make it a goal to cook once a week and work up to cooking more often.

Reference: USDA MyPlate



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

BAGEL W/CREAM CHEESE  
FRESH FRUIT or JUICE CHOICE  
MILK CHOICE **3**

MINI WAFFLES  
FRUIT OR JUICE CHOICE  
MILK CHOICES **4**

FRUIT-FILLED WHOLE GRAIN STRUDEL  
FRUIT & JUICE CHOICES  
MILK CHOICES **5**

MINI PANCAKES  
FRUIT & JUICE CHOICES  
MILK CHOICES **6**

BACON, EGG & CHEESE on an ENGLISH MUFFIN  
FRUIT & JUICE CHOICES  
MILK CHOICES **7**

WG BREAKFAST BAR  
FRUIT OR JUICE CHOICE  
MILK CHOICES **10**

SWEET POTATO ROLL  
FRUIT OR JUICE CHOICE  
MILK CHOICES **11**

WG WAFFLES  
STRAWBERRIES  
MILK CHOICES **12**

BREAKFAST PIZZA  
FRESH FRUIT CHOICE  
MILK CHOICES **13**

MINI CINNI ROLLS  
FRUIT OR JUICE CHOICE  
MILK CHOICES **14**

WHOLE GRAIN BAGEL  
CREAM CHEESE  
FRESH FRUIT or JUICE CHOICE  
MILK CHOICES **17**

CHEESY EGGS w/TOAST  
HASH BROWN ROUNDS  
JUICE CHOICE  
MILK CHOICES **18**

MINI MAPLE PANCAKES  
FRUIT OR JUICE CHOICE  
MILK CHOICES **19**

HOMEMADE CRANBERRY ORANGE MUFFIN  
FRUIT OR JUICE CHOICE  
MILK CHOICES **20**

FRENCH TOAST STICKS  
FRUIT or JUICE CHOICE  
MILK CHOICES **21**

WG BREAKFAST BUN  
FRUIT OR JUICE CHOICE  
MILK CHOICES **24**

STRAWBERRY PEACH YOGURT PARFAIT  
NUT-FREE GRANOLA  
MILK CHOICES **25**

SCRAMBLED EGGS  
SAUSAGE LINKS  
ENGLISH MUFFIN  
MILK CHOICES **26**

HOMEMADE CINNAMON CHIP MUFFIN  
FRUIT OR JUICE CHOICE  
MILK CHOICES **27**

SOFT OATMEAL ROUNDS  
FRUIT OR JUICE CHOICES  
MILK CHOICES **28**

HOLIDAY  
NO SCHOOL **31**

ASSORTED CEREALS & NUTRIGRAIN BARS ARE AVAILABLE DAILY

