

K5 Breakfast Menu - 2021-22

Cycle 1

	Monday	Value	Tuesday	Value	Wednesday	Value	Thursday	Value	Friday	Value
	Cinnamon Chex Cereal 1 oz	1 G	Whole Grain 2 oz Apple Muffin	1 G	Breakfast Burrito	1.75 G + 1 MMA	Strawberry Zee Zee Bar	1 G	Moe's 2 oz. Blueberry Bagel with Strawberry Cream Cheese	2 G
			Cheese Stick 1 oz	1 MMA			Cheese Stick 1 oz	1 MMA		
	Fresh Fruit 1/2 c each (2 varieties)	2 F	Fresh Fruit 1/2 cup each (2 varieties)	2 F	Fresh Fruit 1/2 c each (2 varieties)	2 F	Berry Smoothies 6 oz + fresh fruit 1/2 c	2 F	Fresh Fruit 1/2 c each (2 varieties)	2 F
	1% or Skim Milk 8 oz	1 Milk	1% or Skim Milk 8 oz	1 Milk	1% or Skim Milk 8 oz	1 Milk	1% or Skim Milk 8 oz	1 Milk	1% or Skim Milk 8 oz	1 Milk

Cycle 2

	Monday	Value	Tuesday	Value	Wednesday	Value	Thursday	Value	Friday	Value
	Rockinola SS Granola 1 oz	1.25 G	Whole Grain 2 oz Blueberry Muffin	1 G	Breakfast Burrito	1.75 G + 1 MMA	Cinnamon Zee Zee Bar	1 G	Moe's 2 oz. Blueberry Bagel with Strawberry Cream Cheese	2 G
	Yogurt 4 oz	1 MMA	Cheese Stick 1 oz	1 MMA			Cheese Stick 1 oz	1 MMA		
	Fresh Fruit 1/2 cup each (2 varieties)	2 F	Fresh Fruit 1/2 cup each (2 varieties)	2 F	Fresh Fruit 1/2 Cup each (2 varieties)	2 F	Berry Smoothies 6 oz + fresh fruit 1/2 c	2 F	Fresh Fruit 1/2 c each (2 varieties)	2 F
	1% or Skim Milk 8 oz	1 Milk	1% or Skim Milk 8 oz	1 Milk	1% or Skim Milk 8 oz	1 Milk	1% or Skim Milk 8 oz	1 Milk	1% or Skim Milk 8 oz	1 Milk