

K5 Breakfast Menu - 2022-23

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. Whole Grain 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	Fresh Fruit 1/2 cup each (2 varieties)	2 F	Berry Smoothies 6 oz + fresh fruit 1/2 c	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. Whole Grain 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 Cup 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

Bag Days

Every Thursday + Cycle 2 Monday

Bag for each student must include SS Cereal OR Breakfast Bar AND a Fresh Fruit Item. Milk + Cheese Sticks will be offered on the side.