

MAY 2023

GLUTEN FREE

BREAKFAST



PreK, 1st-12th grade Breakfast \$1.00
Kindergarten Breakfast \$0.00
Just Milk \$.60
2nd Breakfast \$2.50



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

Menu is subject to change

This institution is an equal opportunity provider.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Lucky Charms

1

Blueberry Muffin

2

Honey
Cherrios

3

Cinnamon
Swirl Muffin

4

Lucky Charms

5

Lucky Charms

8

Blueberry Muffin

9

Honey
Cherrios

10

Cinnamon
Swirl Muffin

11

Lucky Charms

12

Lucky Charms

15

Blueberry Muffin

16

Honey
Cherrios

17

Cinnamon
Swirl Muffin

18

Lucky Charms

19

Lucky Charms

22

Blueberry Muffin

23

Honey
Cherrios

24

Cinnamon
Swirl Muffin

25

Lucky Charms

26

Memorial Day
NO SCHOOL

29

Blueberry
Muffin

30

Honey
Cherrios

31

