

Breakfast Meal Pattern - K-8th

Select a minimum of 3 components

fruit/ vegetable = 1 cup  
 --fruit/juice and/or vegetable  
 whole grain rich selection(s) = 1oz --  
 biscuit, roll, muffin, bread, cereal  
 1 milk = 1 Cup  
 --fluid milk

Menu is subject to change  
 without notice



**This institution is an  
 equal opportunity  
 provider.**

take time for  
**school  
 BREAKFAST**



# May 2023 Breakfast Calendar

**PREP/MIDDLE**

|    | Mon  | Tue  | Wed   | Thu   | Fri   |
|----|--|--|---|---|---|
| 1  | Super Donut<br>Cheese Sticks<br>100% Fruit Juice<br>Strawberry Craisins<br>Milk                      | 2 Pop Tart<br>Banana<br>100% Fruit Juice<br>Milk                                     | 3 Cold Cereal<br>Apple Slices<br>100% Fruit Juice<br>Milk                               | 4 Cereal Bar<br>GoGurt<br>100% Fruit Juice<br>Applesauce Cup<br>Milk                  | 5 No School   |
| 8  | Mini Muffin<br>100%Fruit Juice<br>Raisins<br>Milk  | 9 Super Donut<br>Rainbow Goldfish<br>Banana<br>100%Fruit Juice<br>Milk               | 10 Cold Cereal<br>Sliced Apples<br>100% Fruit Juice<br>Milk                             | 11 Cereal Bar<br>Cheese Sticks<br>100% Fruit Juice<br>Strawberry Craisins<br>Milk     | 12 Cinnamon Bun<br>100% Fruit Juice<br>Apples<br>Milk<br><br>* Middle*      |
| 15 | Animal Crackers<br>Yogurt<br>100% Fruit Juice<br>Cherry Craisins<br>Milk                             | 16 Mini Cinnamon<br>Pastry<br>Cheddar Goldfish<br>100% Fruit Juice<br>Banana<br>Milk | 17 Pop Tart<br>Cheese Sticks<br>100% Fruit Juice<br>Cranberries<br>Milk                 | 18 Cereal Bar<br>100% Fruit Juice<br>Fruit Cup<br>Milk                                | 19 Mini Muffins<br>100% Fruit Juice<br>Apple Slices<br>Milk<br><br>*Middle* |
| 22 | Pop Tart<br>Cheddar Goldfish<br>100% Fruit Juice<br>Raisins<br>Milk                                  | 23 Scooby Sticks<br>Yogurt<br>100% Fruit Juice<br>Raisins<br>Milk                    | 24 Cold Cereal<br>Cookies & Cream<br>Granola Bar<br>Apple Slices<br>Cranberries<br>Milk | 25 Super Donut<br>100% Fruit Juice<br>Apple<br>Milk                                   | 26 Apple Frudel<br>100% Fruit Juice<br>Applesauce Cup<br>Milk               |
| 29 | No School<br><br> | 30 Pop Tart<br>Cheddar Goldfish<br>100% Fruit Juice<br>Raisins<br>Milk               | 31 Mini Donuts<br>Cheese Sticks<br>100% Fruit Juice<br>Banana<br>Milk                   |  |   |