

Breakfast Meal Pattern - 9-12th

Select a minimum of 3 components

fruit/ vegetable = 1 cup

--fruit/juice and/or vegetable

whole grain rich selection(s) = 2 oz -

-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**

**DECA HIGH**

**Breakfast Calendar**

	Mon	Tue	Wed	Thu	Fri
	1 Super Donut Cheese Sticks 100% Fruit Juice Strawberry Craisins Milk	2 Pop Tart Yogurt Banana 100% Fruit Juice Milk	3 Cold Cereal Crunch Granola Apple Slices 100% Fruit Juice Milk	4 Cinnamon Waffles Turkey Bacon 100% Fruit Juice Applesauce Cup Milk	5 No School
	8 Mini Muffin Cold Cereal 100% Fruit Juice Raisins Milk	9 Super Donut Rainbow Goldfish Banana 100% Fruit Juice Milk	10 Cold Cereal Bagels Cream Cheese Sliced Apples 100% Fruit Juice Milk	11 Cereal Bar Cheese Sticks 100% Fruit Juice Strawberry Craisins Milk	12 Cinnamon Bun Turkey Sausage 100% Fruit Juice Apples Milk
	15 Animal Crackers Yogurt 100% Fruit Juice Cherry Craisins Milk	16 Mini Cinnamon Pastry Cheddar Goldfish 100% Fruit Juice Banana Milk	17 Pop Tart Cheese Sticks 100% Fruit Juice Cranberries Milk	18 Cereal Bar Cold Cereal 100% Fruit Juice Fruit Cup Milk	19 Pumpkin Bread Cream Cheese Turkey Bacon 100% Fruit Juice Apple Slices Milk
	22 Pop Tart Cheddar Goldfish 100% Fruit Juice Raisins Milk	23 Scooby Sticks Yogurt 100% Fruit Juice Raisins Milk	24 Cold Cereal Cookies & Cream Granola Bar Apple Slices Cranberries Milk	25 Super Donut Cold Cereal 100% Fruit Juice Apple Milk	26 Apple Frudel Scrambled Eggs 100% Fruit Juice Applesauce Cup Milk
	29 No School 	30 Pop Tart Cheddar Goldfish 100% Fruit Juice Raisins Milk	31 Mini Donuts Cheese Sticks 100% Fruit Juice Banana Milk	