

# MAY 2024

## Caston School Corporation

### BREAKFAST



**School Information:** K-12 Breakfast \$3.00 and Reduced \$.30.  
Grab-N-Go Entrees are offered daily, besides the menu item.



**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

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY



Muffin **1**  
Tropical Fruit  
Fruit Juice Choice  
Milk Choice

Sausage Breakfast Snd **2**  
Pineapple Chunks  
Fruit Juice Choice  
Milk Choice

Biscuits & Gravy **3**  
Banana  
Fruit Juice Choice  
Milk Choice

Mini Waffles w/Syrup **6**  
Fresh Pineapple  
Fruit Juice Choice  
Milk Choice

Pancakes **7**  
Sausage Patty  
Tropical Fruit  
Fruit Juice Choice  
Milk Choice

Bagel w/Toppings **8**  
Strawberries  
Fruit Juice Choice  
Milk Choice

Breakfast Pita w/Salsa **9**  
Slice Pears  
Fruit Juice Choice  
Milk Choice

Biscuits & Gravy **10**  
Mandarin Oranges  
Fruit Juice Choice  
Milk Choice

Assorted Cereal **13**  
Yogurt Cup  
Apple  
Fruit Juice Choice  
Milk Choice

French Toast w/Syrup **14**  
Fruit Cocktail  
Fruit Juice Choice  
Milk Choice

Coffeecake **15**  
Citrus Fruit Cup  
Fruit Juice Choice  
Milk Choice

Western Omelet **16**  
Quesadilla w/ Salsa  
Grapes  
Fruit Juice Choice  
Milk Choice

Biscuits & Gravy **17**  
Pineapple Chunks  
Fruit Juice Choice  
Milk Choice

Cinnamon Roll **20**  
Banana  
Fruit Juice Choice  
Milk Choice

Mini Waffles w/Syrup **21**  
Apricots  
Fruit Juice Choice  
Milk Choice

Breakfast Pizza **22**  
Peach Slices  
Fruit Juice Choice  
Milk Choice

Biscuits & Gravy **23**  
Fresh Fruit  
Fruit Juice Choice  
Milk Choice

Summer Break **24**

Summer Break **27**

Summer Break **28**

Summer Break **29**

Summer Break **30**

\*This institution is an equal opportunity provider. **31**

\*Menu is subject to change without notification