

MAYPEARL ISD



Menu items subject to availability!

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Meal Pricing	Breakfast	Lunch
Primary	2.70	3.60
LSK	2.70	3.60
M.S.	2.70	3.60
H.S.	2.70	3.70
Adult	3.90	4.70

BREAKFAST Menu

August-December 2024

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Cereal w/ Toast or Graham Crackers or Breakfast Pizza	Cereal w/ Toast or Graham Crackers or Mini Waffles, Mini French Toast	Cereal w/ Toast or Graham Crackers or Cinnamon Roll	Cereal w/ Toast or Graham Crackers or Assorted Pastries	Cereal w/ Toast or Graham Crackers or French Toast Sticks
2	Cereal w/ Toast or Graham Crackers or Bacon Scramble Pizza	Cereal w/ Toast or Graham Crackers or Sausage Biscuit	Cereal w/ Toast or Graham Crackers or Breakfast Burritos	Cereal w/ Toast or Graham Crackers or Pancake on a Stick	Cereal w/ Toast or Graham Crackers or Chicken Biscuit
3	Cereal w/ Toast or Graham Crackers or Breakfast Pizza	Cereal w/ Toast or Graham Crackers or Assorted Pastries	Cereal w/ Toast or Graham Crackers or Cinnamon Roll	Cereal w/ Toast or Graham Crackers or Breakfast Burritos	Cereal w/ Toast or Graham Crackers or French Toast Sticks
4	Cereal w/ Toast or Graham Crackers or Bacon Scramble Pizza	Cereal w/ Toast or Graham Crackers or Sausage Biscuit	Cereal w/ Toast or Graham Crackers or French Toast Sticks	Cereal w/ Toast or Graham Crackers or Mini Waffles, Mini French Toasts	Cereal w/ Toast or Graham Crackers or Pancake on a Stick

OTHER DAILY SELECTIONS:

Skim Chocolate and 1% White Milk
Juice
Fresh & Canned Fruit
Cheese Toast
Uncrustables

NUTRITION BITES

- Breakfast is an important source of vitamin D and calcium, providing 40% of vitamin D and 25% of calcium to children age 2 to 19¹
- Cereal contributes less than 10% of calories, but over 25% of daily intake of essential nutrients and whole grain in the diets of children who eat cereal²

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

S	M	T	W	T	F	S
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8	9	10	11	12	13	14
15	16	17	18	19	20	21
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29	30					

S	M	T	W	T	F	S
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20	21	22	23	24	25	26
27	28	29	30	31		

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Week 1 Meal Plan
 Week 2 Meal Plan
 Week 3 Meal Plan
 Week 4 Meal Plan

1. NHANES 2013-14.
 2. NHANES 2011-2012 and NHANES 2013-2014.