

JUNIOR HIGH SCHOOL BREAKFAST

May & June



A full student breakfast includes grains, fruit, and a choice of milk.

Milk is available daily. Milk Choices include 1% white or fat free chocolate.



Student Breakfast: FREE Visitor/Staff Breakfast: \$3.00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fruits Grains Vegetables Protein		=-=-=-=-=	Entree Choices: 1	Entree Choices: 2
	For online personal	Daily Side Dish Options:	Sausage/Pancake Sandwich	French Toast Sticks
	wellness resources for	Assorted Fresh Fruit	Breakfast Burrito	Sausage/Pancake on a Stick
	you and your family, visit	Chilled Fruit	Chocolate Chip Muffin	Blueberry Muffin
	Obacac Mu Dlada acu	Whole Grain Toast	Sausage Breakfast Pizza	Sausage Breakfast Pizza
	ChooseMyPlate.gov	Fruit Juice (when available)	Apple Jacks Cereal	Trix Cereal
Choose MyPlate .gov		=-=-=-=-=	Fruit/Yogurt Parfait	
Entree Choices: 5	Entree Choices: 6	Entree Choices: 7	Entree Choices: 8	E-learning Day 9
French Toast Sticks	Sausage/Pancake Sandwich	Cinnamon Roll	Sausage/Pancake Sandwich	Fruit Frudel
Sausage/Pancake on a Stick	Breakfast Burrito	Sausage/Pancake on a Stick	Breakfast Burrito	Sausage/Pancake on a Stick
Chocolate Chip Muffin	Chocolate Chip Muffin	Blueberry Muffin	Chocolate Chip Muffin	Blueberry Muffin
Sausage Breakfast Pizza	Sausage Breakfast Pizza	Sausage Breakfast Pizza	Sausage Breakfast Pizza	Sausage Breakfast Pizza
Apple Jacks Cereal	Cinnamon Toast Crunch	Cocoa Puffs Cereal	Apple Cinnamon Cheerios	Apple Jacks Cereal
	Breakfast Banana Split		Fruit/Yogurt Parfait	
Entree Choices: 12	Entree Choices: 13	Entree Choices: 14	Entree Choices: 15	E-LEARNING 16
French Toast Sticks	Sausage/Pancake Sandwich	Fruit Frudel	Sausage/Pancake Sandwich	
Sausage/Pancake on a Stick	Breakfast Burrito	Sausage/Pancake on a Stick	Breakfast Burrito	(e-learning)
Blueberry Muffin	Chocolate Chip Muffin	Banana Muffin	Blueberry Muffin	© @ ©
Sausage Breakfast Pizza	Sausage Breakfast Pizza	Sausage Breakfast Pizza	Sausage Breakfast Pizza	
Apple Jacks Cereal	Apple Cinnamon Cheerios	Cocoa Puffs Cereal	Froot Loops Cereal	
	Fruit/Yogurt Parfait		Fruit/Yogurt Parfait	
Entree Choices: 19	Entree Choices: 20	Entree Choices: 21	Entree Choices: 22	Entree Choices: 23
French Toast Sticks	Sausage/Pancake Sandwich	Cinnamon Roll	Sausage/Pancake Sandwich	Fruit Frudel
Sausage/Pancake on a Stick	Breakfast Burrito	Sausage/Pancake on a Stick	Breakfast Burrito	Sausage/Pancake on a Stick
Blueberry Muffin	Blueberry Muffin	Chocolate Chip Muffin	Blueberry Muffin	Chocolate Chip Muffin
Sausage Breakfast Pizza	Sausage Breakfast Pizza	Sausage Breakfast Pizza	Sausage Breakfast Pizza	Sausage Breakfast Pizza
Apple Jacks Cereal	Apple Cinnamon Cheerios	Cinnamon Chex Cereal	Cocoa Puffs Cereal	Froot Loops Cereal
	Fruit/Yogurt Parfait		Fruit/Yogurt Parfait	
NO SCHOOL 26	Entree Choices: 27	Entree Choices: 28	Entree Choices: 29	Entree Choices: 30
laimamanial	Sausage/Pancake Sandwich	French Toast Sticks	Sausage/Pancake Sandwich	Fruit Frudel
memorial	Breakfast Burrito	Sausage/Pancake on a Stick	Breakfast Burrito	Sausage/Pancake on a Stick
$ \rightarrow D\Delta V $	Chocolate Chip Muffin	Blueberry Muffin	Chocolate Chip Muffin	Blueberry Muffin
174 11	Sausage Breakfast Pizza	Sausage Breakfast Pizza	Sausage Breakfast Pizza	Sausage Breakfast Pizza
	Apple Jacks Cereal	Apple Cinnamon Cheerios	Cocoa Puffs Cereal	Froot Loops Cereal
	Breakfast Banana Split		Fruit/Yogurt Parfait	
Entree Choices: 2	Entree Choices: 3	Entree Choices: 4	Entree Choices: 5	11/1
Sausage/Pancake on a Stick	Sausage Breakfast Pizza	Sausage/Pancake Sandwich	Breakfast Burrito	
Blueberry Muffin	Chocolate Chip Muffin	Chocolate Chip Muffin	Blueberry Muffin	
Apple Jackx Cereal	Frosted Flakes Cereal	Cocoa Puffs Cereal	Froot Loops Cereal	SCHOOL'S
	Fruit/Yogurt Parfait			• OUT FOR •
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BREAKFAST BITES

From your Friends in the Food Service Department



MAY IS NATIONAL EGG MONTH



Here are some entertaining egg facts for your enjoyment:

- Eggs are good for your eyes. They contain lutein, which helps prevent cataracts and muscle degeneration.
- Egg yolks are one of the few foods that naturally contain vitamin D.
- Eggs are rich in choline, which promotes healthy cell activity.
- The average hen lays about 300 to 325 eggs per year.
- An egg shell can have as many as 17,000 pores.
- As hens age, their eggs become larger.



source: vel-co com



WHY DO WE PARTICIPATE?

More than 8 million children across the U.S. start their day with the School Breakfast Program, a Federal program that provides States with cash assistance for non-profit breakfast programs in schools. School breakfast is healthy, convenient and helps students do well in school. Research shows that eating breakfast leads to improved academic performance, focus and behavior.

source: dpi.wi.gov

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What do you call a mischievious egg?

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A practical YOLKer!

MEMORIAL DAY

May 26, 2025



REMEMBER and HONOR

National Dairy Month was established in 1939 to recognize dairy farmers and encourage families to drink milk. To learn more about Dairy Month, attend a June Dairy Breakfast in your area or visit *thedairyalliance.com*.



June is

DAIRY Month

source: thedairyalliance.com



This academic year, the district's Food Service Department is once again offering FREE breakfast to ALL students.



CONTACT US: 715-345-5435







START YOUR DAY OFF RIGHT.

EAT SCHOOL BREAKFAST.