Maypearl ISD

Menu items subject to availability!

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Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: https://www.ocio.usda.gov/sites/default/files/docs/2012/Complain_combined_6_8_12.pdf, from any USDA office, or write a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. Mail:
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or
2. Fax: (833) 256-1665 or (202) 690-7442; or
3. Email: program.intake@usda.gov.

Meal Pricing	Breakfast	Lunch
LSK	$2.70	$3.60
M.S	$2.70	$3.60
H.S	$2.70	$3.70
Adult	$4.10	$4.70

BREAKFAST Menu January-July 2026

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

OTHER DAILY SELECTIONS:

Skim Chocolate and 1% White Milk

Juice

Fruit

Cheese Toast

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 19.[1]
- 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 cereal.[2]

January 2026

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

February 2026

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

March 2026

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				

April 2026

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		

May 2026

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						

June 2026

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				

July 2026

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. 2015-2020 Dietary Guidelines for Americans.
2. USDA. MyPlate.gov. http://www.myplate.gov.