



Middle School Breakfast Menu

May 2026



Meet Your Nutritious Friend:
Avocado-do

Monday	Tuesday	Wednesday	Thursday	Friday
				5/1/26 Cheese Omelet with Toast or Strawberry Banana Smoothie 100% Juice Assorted Fruit Choice of Milk
5/4/26 French Toast Sticks with Syrup or Blueberry Yogurt Parfait 100% Juice Assorted Fruit Choice of Milk	5/5/26 Egg, Ham & Cheese on Croissant or Apple Pie Smoothie 100% Juice Assorted Fruit Choice of Milk	5/6/26 Pancake on a Stick with Turkey Sausage or Overnight Oat Station 100% Juice Assorted Fruit Choice of Milk	5/7/26 Egg & Cheese on a Biscuit or Strawberry Yogurt Parfait 100% Juice Assorted Fruit Choice of Milk	5/8/26 Mini Pancakes with Syrup or Blueberry Smoothie 100% Juice Assorted Fruit Choice of Milk
5/11/26 Mini Maple Pancakes with Syrup or Pineapple Parfait 100% Juice Assorted Fruit Choice of Milk	5/12/26 Egg and Cheese on a Bagel or Blueberry Bash Smoothie Bowl 100% Juice Assorted Fruit Choice of Milk	5/13/26 French Toast Sticks with Syrup or Overnight Oat Station 100% Juice Assorted Fruit Choice of Milk	5/14/26 Egg, Sausage & Cheese on a Biscuit or Mandarin Orange Parfait 100% Juice Assorted Fruit Choice of Milk	5/15/26 Cheese Omelet with Toast or Chocolate Banana Smoothie 100% Juice Assorted Fruit Choice of Milk
5/18/26 Scrambled Eggs with Cheese and Toast or Pineapple Parfait 100% Juice Assorted Fruit Choice of Milk	5/19/26 No School Primary Election Day 	5/20/26 Sausage, Egg & Cheese Burrito or Overnight Oats Station 100% Juice Assorted Fruit Choice of Milk	5/21/26 Sausage, Egg & Cheese Burrito or Blueberry Yogurt Parfait 100% Juice Assorted Fruit Choice of Milk	5/22/26 Cheese Omelet with Toast or Tropical Mango Pineapple Smoothie 100% Juice Assorted Fruit Choice of Milk
5/25/2026 School Closed Memorial Day 	5/26/26 Egg and Cheese on a Croissant or Tropical Blueberry Smoothie Bowl 100% Juice Assorted Fruit Choice of Milk	5/27/2026 Bacon, Egg and Cheese on a Bagel or Overnight Oat Station 100% Juice Assorted Fruit Choice of Milk	5/28/2026 Scrambled Eggs with Cheese and Toast or Pineapple Yogurt Parfait 100% Juice Assorted Fruit Choice of Milk	5/29/2026 French Toast Sticks with Syrup or Syrup Pineapple Banana Swirl Bowl 100% Juice Assorted Fruit Choice of Milk

What is a Meal ?

Students must choose at least 3 of the 4 components available for the school breakfast price.

- Choice of Whole Grain
- Choice of Protein
- Choice of Fruit or Vegetable
- Choice of Milk

A Minimum 1/2 cup serving of fruit or vegetable must accompany a reimbursable breakfast

Whole Grain Cereals

(Served with Graham Crackers)
Cinnamon Toast Crunch , Trix, Cocoa Puffs, Lucky Charms, Froot Loops, Cheerios, Frosted Flakes, Honey Nut Cheerios

Choice of Fruit

Seasonal Fresh Fruits:
Apples, Bananas, Pears, Oranges, Strawberries, Blueberries, Tangerines, Grapefruit, Melons.

Canned Fruits in Fruit Juice:

Applesauce, Peaches, Pears, Mixed Fruit, Mandarin Oranges, Pineapple

100% Fruit Juice

Apple, Grape, Fruit Punch, Orange

Choice of Milk

1% White, Fat -Free White, Fat-Free Chocolate Milk

Work while your children are learning !

Now Hiring

Part-time dining services substitutes with potential for permanent positions

For more information please contact:

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Meal Prices
Breakfast is free for all students regardless of

Explore Nutritionals, virtual menus & make payments online at:
<http://www.schoolcafe.com/BethlehemASD> or scan the School

