



MAY 2012 BREAKFAST MENU



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Whole Grain French Toast Turkey Sausage 100% Orange Juice Skim or 1% Milk	2 Baked Egg & Cheese on a Biscuit Cantaloupe Wedge Skim or 1% Milk	3 Banana Bread Graham Crackers 100% Fruit Juice Skim or 1% Milk	4 Brown Sugar Oatmeal Turkey Sausage Fresh Local Apple Skim or 1% Milk
7 Honey Kix Cereal Low Fat Cheese Stick 100% Fruit Juice Skim or 1% Milk	8 Turkey Sausage Patty On a Biscuit Fresh Banana Skim or 1% Milk	9 Whole Grain Waffle Turkey Sausage 100% Grape Juice Skim or 1% Milk	10 Whole Grain Muffin Graham Crackers Orange Wedges Skim or 1% Milk	11 Turkey Ham & Eggs Whole Wheat Toast 100% Apple Juice Skim or 1% Milk
14 Cheerios Cereal Graham Crackers Applesauce Skim or 1% Milk	15 Grits & Cheese Turkey Sausage 100% Orange Juice Skim or 1% Milk	16 Whole Wheat Pancakes Turkey Sausage Cantaloupe Wedge Skim or 1% Milk	17 Egg & Cheese Bake Whole Wheat Toast 100% Fruit Juice Skim or 1% Milk	18 Banana Bread Low Fat Cheese Stick Fresh Local Apple Skim or 1% Milk
21 Parent Conference Day No School	22 Assorted Cereal Graham Crackers Fresh Banana Skim or 1% Milk	23 Egg & Veggie Frittata Whole Wheat Toast 100% Grape Juice Skim or 1% Milk	24 Whole Grain French Toast Turkey Sausage Orange Wedges Skim or 1% Milk	25 Cinnamon Oatmeal Turkey Sausage 100% Apple Juice Skim or 1% Milk
28 Memorial Day No School	29 Assorted Cereal Graham Crackers 100% Orange Juice Skim or 1% Milk	30 Egg & Cheese Bake With a Biscuit Cantaloupe Wedge Skim or 1% Milk	31 Whole Grain Waffle Turkey Sausage 100% Fruit Juice Skim or 1% Milk	

For more information on the DC
Central Kitchen, please visit our website:
www.dccentralkitchen.org

For more information on your school's meal
program, go to:
www.dcps.dc.gov



Breakfast is the most important meal of the day. It
contains the necessary nutrients students need to
have a great school day. And don't forget, all DCPS
students eat for free!
Enjoy a complete breakfast today in your local
cafeteria!