

K-12 CORE BREAKFAST  
**April/May**

# BREAKFAST

Monday 27	Tuesday 28	Wednesday 29	Thursday 30	Friday 1
<p>French Toast Sticks w/ Syrup (v).</p> <p>Banana Muffin w/String Cheese (v).</p>	<p>Scrambled Eggs w/ Toast (v).</p> <p>Maple Snack'n Waffle (v).</p> <p>Blueberry Muffin w/String Cheese (v).</p>	<p>Cinnamon Roll Smoothie w/ Graham Cracker (v).</p> <p>Tropical Mango Breakfast Round (v).</p> <p>Banana Muffin w/String Cheese (v).</p>	<p>Egg &amp; Cheese Sandwich on an English Muffin (v).</p> <p>Bagel w/ Cream Cheese (v).</p> <p>Blueberry Muffin w/ String Cheese (v).</p>	<p><u>Parfait Bar</u> Vanilla or Strawberry Yogurt w/ Graham Crackers or Granola (v).</p> <p>Banana Muffin w/ String Cheese (v).</p>
<p>Fresh Apple</p> <p>Fresh Tangerine</p>	<p>Apple Juice</p> <p>Oranges</p>	<p>Grape Juice</p> <p>Frozen Blueberries</p>	<p>Fresh Banana</p> <p>Baked Cinnamon Apples</p>	<p>Fresh Tangerines</p> <p>Plums</p>

Monday 4	Tuesday 5	Wednesday 6	Thursday 7	Friday 8
<p>Blueberry Snack'n Waffle (v).</p> <p>Hard Boiled Egg Bento Box (v).</p> <p>Apple Cinnamon Muffin w/ String Cheese (v).</p>	<p>Potato, Egg, &amp; Cheese Breakfast Bowl w/ Salsa (v).</p> <p>Yogurt Breakfast Bento Box (v).</p> <p>Blueberry Muffin w/ String Cheese (v).</p>	<p>Chicken &amp; Waffle Sandwich.</p> <p>Oatmeal Raisin Round (v).</p> <p>Blueberry Muffin w/ String Cheese (v).</p>	<p>Cheese Omelet w/ Whole Grain Biscuit (v).</p> <p>Bagel w/ Cream Cheese (v).</p> <p>Apple Cinnamon Muffin w/ String Cheese (v).</p>	<p>Cinnamon Roll Smoothie (v).</p> <p>Apple Cinnamon Oatmeal (v).</p> <p>Blueberry Muffin w/ String Cheese (v).</p>
<p>Orange Wedges</p> <p>Fresh Pears</p>	<p>Grape Juice</p> <p>Fresh Tangerine</p>	<p>Apple Juice</p> <p>Pineapple</p>	<p>Pear</p> <p>Fresh Banana</p>	<p>Frozen Blueberries</p> <p>Baked Apples</p>

Daily offerings include frosted mini wheats, cinnamon chex, blueberry chex, cheerios, and trix cereal with graham crackers. All breakfast entrées include choice of skim or low-fat unflavored milk. All grain products are whole grain rich. (v) denotes vegetarian choices (including milk and eggs) and (ve) denotes vegan choices. **Locally Sourced** items offered daily. This menu is subject to change and based upon product availability.

*This institution is an equal opportunity provider. Additional nutrition information available upon request.*

Monday 11	Tuesday 12	Wednesday 13	Thursday 14	Friday 15
<p>Cheesy Scrambled Eggs w/ Toast (v).</p> <p>Banana Muffin w/ String Cheese (v).</p>	<p><u>Parfait Bar</u> Vanilla or Strawberry Yogurt w/ Graham Crackers or Granola (v).</p> <p>Apple Cinnamon Muffin w/ String Cheese (v).</p>	<p>Egg &amp; Cheese Bagel Sandwich (v).</p> <p>Bagel w/ Cream Cheese (v).</p> <p>Banana Muffin w/String Cheese (v).</p>	<p>Whole Grain French Toast Sticks w/ Syrup (v).</p> <p>Hard Boiled Egg Bento Box (v).</p> <p>Apple Cinnamon Muffin w/ String Cheese (v).</p>	<p>Egg &amp; Cheese Bagel Sandwich (v).</p> <p>Oatmeal (ve).</p> <p>Banan Muffin w/ String Cheese (v).</p>
<p>Fresh Apple Grape Juice</p>	<p>Fresh Apple Fresh Tangerine</p>	<p>Apple Juice Orange Wedges</p>	<p>Pears Frozen Blueberries</p>	<p>Baked Apple Slices Fresh Bananas</p>
Monday 18	Tuesday 19	Wednesday 20	Thursday 21	Friday 22
<p>Breakfast Sausage and Pancake on a Stick</p> <p>Whole Grain Bagel w/ Cream Cheese (v).</p> <p>Blueberry Muffin w/ String Cheese (v).</p>	<p>Chicken &amp; Waffle Sandwich</p> <p>Vanilla Yogurt w/ Graham Cracker (v).</p> <p>Apple Cinnamon Muffin w/ String Cheese (v).</p>	<p>Whole Grain French Toast w/ Syrup (v).</p> <p>Oatmeal Raisin Breakfast Round (v).</p> <p>Blueberry Muffin w/ String Cheese (v).</p>	<p>Scrambled Eggs w/ Whole Grain Biscuit (v).</p> <p>Apple Cinnamon Muffin w/ String Cheese (v).</p>	<p>Tater Tot Breakfast Burrito (v).</p> <hr/> <p>Maple Snack'n Waffle (v).</p> <p>Blueberry Muffin w/ String Cheese (v).</p>
<p>Orange Wedges Frozen Blueberries</p>	<p>Fresh Apple Fresh Tangerine</p>	<p>Orange Wedges Pears</p>	<p>Grape Juice Apple Slices</p>	<p>Applesauce Fresh Banana</p>

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Monday 25	Tuesday 26	Wednesday 27	Thursday 28	Friday 29
<p><b>Memorial Day</b></p>	<p>Oatmeal (v).</p> <p>Hard Boiled Egg Breakfast Bento Box (v).</p> <p>Banana Muffin w/ String Cheese (v).</p>	<p>Breakfast Sausage &amp; Pancake on a Stick.</p> <p>Blueberry Snack'n Waffles (v).</p> <p>Apple Cinnamon Muffin w/ String Cheese (v).</p>	<p>Potato, Egg, &amp; Cheese Breakfast Bowl (v).</p> <p>Bagel w/ Cream Cheese (v).</p> <p>Banana Muffin w/String Cheese (v).</p>	<p>Parfait Bar Vanilla or Strawberry Yogurt w/ Graham Crackers or Granola (v).</p> <p>Apple Cinnamon Muffin w/ String Cheese (v).</p>
	<p>Orange Slices Baked Apple Slices</p>	<p>Fresh Apple Orange Wedges</p>	<p>Apple Juice Fresh Banana</p>	<p>Frozen Blueberries Strawberries</p>

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