

K-12 CORE BREAKFAST

May

BREAKFAST

Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10
Cheesy Scrambled Eggs w/Toast (v). Apple Cinnamon Muffin w/String Cheese (v).	Hard Boiled Egg Bento Box. Tropical Mango Breakfast Round (v). Banana Muffin w/String Cheese (v).	Egg & Cheese Biscuit Sandwich (v). Strawberry Yogurt w/Graham Crackers (v). Blueberry Muffin w/String Cheese (v).	Whole Grain French Toast Sticks w/Syrup (v). Plain Bagel w/Cream Cheese (v).	Cheese Omelet (v). Peach Cobbler Breakfast Square (v). Apple Cinnamon Muffin w/String Cheese (v).
Fresh Apple Diced Pears	Strawberries Tangerine	Apple Juice Orange Wedges	Cantaloupe Cinnamon Apples	Frozen Blueberries Banana

Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17
Breakfast Sausage and Pancake on a Stick. Whole Grain Bagel w/Cream Cheese (v). Apple Cinnamon Muffin w/String Cheese (v).	Egg & Cheese Flatbread Sandwich (v). Vanilla Yogurt w/Graham Crackers (v). Banana Muffin w/Cheese Stick (v).	Scrambled Eggs w/Whole Grain Biscuit. Cinnamon French Toast Bites (v). Blueberry Muffin w/String Cheese (v).	Whole Grain French Toast Sticks. Blueberry Patch Parfait w/Graham Crackers (v). Apple Cinnamon Muffin w/String Cheese (v).	Egg & Potato Breakfast Burrito. Maple Waffle (v). Blueberry Muffin w/String Cheese (v).
Orange Wedges Frozen Blueberries	Fresh Apple Tangerine	Orange Wedges Watermelon	Grape Juice Apple Slices	Applesauce Fresh Banana

Daily offerings include assorted cereal bowls 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.

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May

BREAKFAST

Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24
Breakfast Bowl w/Egg Potato, Cheese & Salsa (v). Vanilla Yogurt w/Graham Crackers(v). Blueberry Muffin w/String Cheese (v).	French Toast Sticks w/Syrup (v). Sunrise Breakfast Round (v). Apple Cinnamon Muffin w/String Cheese (v).	Egg & Cheese Bagel Sandwich(v). Blueberry Waffle (v). Banana Muffin w/String Cheese(v).	Pancake & Turkey Breakfast Sausage on a Stick w/ Syrup. Plain Bagel w/Cream Cheese (v). Blueberry Muffin w/String Cheese (v).	Peach cobbler Breakfast Square (v). Strawberry Yogurt w/Granola (v). Apple Cinnamon Muffin w/String Cheese (v).
Frozen Blueberries Tangerine	Orange Wedges Cinnamon Apples	Cantaloupe Orange Wedges	Banana Apple Juice	Strawberry Cup Red Grapes

Monday 27	Tuesday 28	Wednesday 29	Thursday 30	Friday 31
No School	Scrambled Eggs w/Toast (v). Maple Snack'n Waffle (v). Banana Muffin w/Cheese Stick (v).	Biscuit w/Old Fashioned Country Gravy. Tropical Mango Breakfast(v). Apple Cinnamon Muffin w/String Cheese (v).	Cheese Omelets (v). Plain Bagel w/Cream Cheese (v). Banana Muffin w/String Cheese(v).	Sausage & Cheese Breakfast Sandwich. Vanilla Yogurt w/Graham Crakers(v). Blueberry Muffin w/String Cheese (v)
	Apple Juice Pineapple Tidbits	Fresh Banana Frozen	Pineapple Tidbits Orange Wedges	Tangerine Red Seedless Grapes

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