



ECC PreK Pathways Breakfast Menu:

| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY   |
|--|---|--|---|--|
| <b>4/28</b><br>Whole Grain Low Sugar <b>Frosted Mini Wheat</b><br>Apple<br>Assorted Fruit Milk     | <b>4/29</b><br>Whole Grain <b>Blueberry Muffin</b><br>Pear<br>Assorted Fruit Milk                       | <b>4/30</b><br>Whole Grain Low Sugar <b>Multigrain Cheerios</b><br>Banana<br>Assorted Fruit Milk | <b>5/1</b><br>Whole Grain Low Sugar <b>Rice Chex</b><br>Diced Peaches<br>Assorted Fruit Milk          | <b>5/2</b><br>Assorted Whole Grain, Low Sugar <b>Cereals</b><br>Assorted Fruit Milk  |
| <b>5/5</b><br>Whole Grain Low Sugar <b>Cheerios</b><br>Apple Slices<br>Assorted Fruit Milk         | <b>5/6</b><br>Whole Grain <b>Pancake Bites</b><br>Pear<br>Assorted Fruit Milk                           | <b>5/7</b><br>Whole Grain <b>Chocolate Chip Muffin</b><br>Apple Sauce<br>Assorted Fruit Milk     | <b>5/8</b><br>Whole Grain, Low Sugar <b>Trix</b><br>Sliced Pears<br>Assorted Fruit Milk               | <b>5/9</b><br>Assorted Whole Grain, Low Sugar <b>Cereals</b><br>Assorted Fruit Milk  |
| <b>5/12</b><br>Whole Grain <b>Cocoa Puffs</b><br>Diced Pears<br>Assorted Fruit Milk                | <b>5/13</b><br>Whole Grain Low Sugar <b>Multigrain Cheerios</b><br>Diced Peaches<br>Assorted Fruit Milk | <b>5/14</b><br>Whole Grain <b>Rice Chex</b><br>Banana<br>Assorted Fruit Milk                     | <b>5/15</b><br>Whole Grain <b>Corn Muffin</b><br>Apple Slices<br>Assorted Fruit Milk                  | <b>5/16</b><br>Assorted Whole Grain, Low Sugar <b>Cereals</b><br>Assorted Fruit Milk |
| <b>5/19</b><br>Whole Grain Low Sugar <b>Cinnamon Rice Chex</b><br>Pear<br>Assorted Fruit Milk      | <b>5/20</b><br>Whole Grain Low Sugar <b>Bubble Bread</b><br>Orange<br>Assorted Fruit Milk               | <b>5/21</b><br>Whole Grain <b>Apple Cinnamon Muffin</b><br>Diced Peaches<br>Assorted Fruit Milk  | <b>5/22</b><br>Whole Grain Low Sugar <b>Frosted Mini Wheat</b><br>Apple Slices<br>Assorted Fruit Milk | <b>5/23</b><br>Assorted Whole Grain, Low Sugar <b>Cereals</b><br>Assorted Fruit Milk |
| <b>5/26</b><br>Whole Grain Low Sugar <b>Cinnamon Toast Crunch</b><br>Orange<br>Assorted Fruit Milk | <b>5/27</b><br>Whole Grain <b>Blueberry Muffin</b><br>Sliced Pears<br>Assorted Fruit Milk               | <b>5/28</b><br>Whole Grain Low Sugar <b>Multigrain Cheerios</b><br>Apple<br>Assorted Fruit Milk  | <b>5/29</b><br>Whole Grain Low Sugar <b>Frosted Mini Wheat</b><br>Banana<br>Assorted Fruit Milk       | <b>5/30</b><br>Assorted Whole Grain, Low Sugar <b>Cereals</b><br>Assorted Fruit Milk |

### The 3 Components of School Breakfast

Students must choose at least 3 items (including ½ cup fruit and/or vegetable)

### HARVEST MONTH of the HERBS

Herbs are any plant with leaves, seeds, or flowers used for flavoring, food, medicine, or perfume!

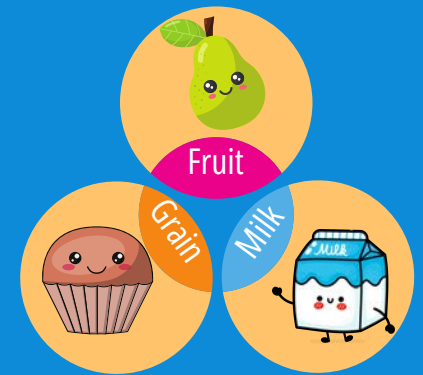




Elementary Breakfast Menu: **y a m**

| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY  |
|---|---|---|--|---|
| <b>4/28</b><br>Whole Grain Low Sugar <b>Frosted Mini Wheat</b><br>Apple<br>Assorted Fruit Juice<br>Milk     | <b>4/29</b><br>Whole Grain <b>Blueberry Muffin</b><br>Pear<br>Assorted Fruit Juice<br>Milk            | <b>4/30</b><br>Whole Grain Low Sugar <b>Multigrain Cheerios</b><br>Banana<br>Assorted Fruit Juice<br>Milk | <b>5/1</b><br>Whole Grain Low Sugar <b>Cinnamon Roll</b><br>Orange<br>Assorted Fruit Juice, Milk               | <b>5/2</b><br>Assorted Whole Grain, Low Sugar <b>Cereals</b><br>Assorted Fruit Juice, Milk  |
| <b>5/5</b><br>Whole Grain Low Sugar <b>Cheerios</b><br>Apple Slices<br>Assorted Fruit Juice<br>Milk         | <b>5/6</b><br>Whole Grain <b>Pancake Bites</b><br>Pear<br>Assorted Fruit Juice<br>Milk                | <b>5/7</b><br>Whole Grain <b>Chocolate Chip Muffin</b><br>Apple<br>Assorted Fruit Juice<br>Milk           | <b>5/8</b><br>Whole Grain Low Sugar <b>Frosted Flakes</b><br>Orange<br>Assorted Fruit Juice<br>Milk            | <b>5/9</b><br>Assorted Whole Grain, Low Sugar <b>Cereals</b><br>Assorted Fruit Juice, Milk  |
| <b>5/12</b><br>Whole Grain <b>Cocoa Puffs</b><br>Pear<br>Assorted Fruit Juice<br>Milk                       | <b>5/13</b><br>Whole Grain Low Sugar <b>Apple Pastry Roll</b><br>Orange<br>Assorted Fruit Juice, Milk | <b>5/14</b><br>Whole Grain <b>Maple Waffle Bites</b><br>Banana<br>Assorted Fruit Juice<br>Milk            | <b>5/15</b><br>Whole Grain <b>Corn Muffin</b><br>Apple Slices<br>Assorted Fruit Juice<br>Milk                  | <b>5/16</b><br>Assorted Whole Grain, Low Sugar <b>Cereals</b><br>Assorted Fruit Juice, Milk |
| <b>5/19</b><br>Whole Grain Low Sugar <b>Cinnamon Rice Chex</b><br>Pear<br>Assorted Fruit Juice<br>Milk      | <b>5/20</b><br>Whole Grain Low Sugar <b>Bubble Bread</b><br>Orange<br>Assorted Fruit Juice, Milk      | <b>5/21</b><br>Whole Grain <b>Apple Cinnamon Muffin</b><br>Apple<br>Assorted Fruit Juice<br>Milk          | <b>5/22</b><br>Whole Grain Low Sugar <b>Frosted Mini Wheat</b><br>Apple Slices<br>Assorted Fruit Juice<br>Milk | <b>5/23</b><br>Assorted Whole Grain, Low Sugar <b>Cereals</b><br>Assorted Fruit Juice, Milk |
| <b>5/26</b><br>Whole Grain Low Sugar <b>Cinnamon Toast Crunch</b><br>Orange<br>Assorted Fruit Juice<br>Milk | <b>5/27</b><br>Whole Grain <b>Blueberry Muffin</b><br>Pear<br>Assorted Fruit Juice<br>Milk            | <b>5/28</b><br>Whole Grain Low Sugar <b>Cinnamon Roll</b><br>Apple<br>Assorted Fruit Juice, Milk          | <b>5/29</b><br>Whole Grain Low Sugar <b>Frosted Mini Wheat</b><br>Banana<br>Assorted Fruit Juice<br>Milk       | <b>5/30</b><br>Assorted Whole Grain, Low Sugar <b>Cereals</b><br>Assorted Fruit Juice, Milk |

## The 3 Components of School Breakfast



Students must choose at least 3 items (including ½ cup fruit and/or vegetable)



Herbs are any plant with leaves, seeds, or flowers used for flavoring, food, medicine, or perfume!





Collins Middle School Breakfast Menu:

| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY   |
|---|---|--|---|--|
| <b>4/28</b><br>Choice of:<br><b>Corn, Chocolate Chip, or Blueberry Muffin Flat</b><br>Yogurt Parfait<br>Assorted Cereals<br>Breakfast Bar Variety<br>Assorted Fruit<br>Juice/Milk       | <b>4/29</b><br>Choice of:<br><b>Sausage Egg and Cheese on whole wheat English Muffin,</b><br>Assorted Cereals<br>Breakfast Bar Variety<br>Yogurt Parfait<br>Assorted Fruit<br>Juice, Milk | <b>4/30</b><br>Choice of:<br><b>Homemade Rainbow Smoothies: Mango, Blueberry, Strawberry, Green Apple</b><br>Yogurt Parfait<br>Assorted Cereals<br>Breakfast Bar Variety<br>Assorted Fruit<br>Juice/Milk | <b>5/1</b><br>Choice of:<br><b>Sausage Egg and Cheese on whole wheat Croissant,</b><br>Assorted Cereals<br>Breakfast Bar Variety<br>Yogurt Parfait<br>Assorted Fruit<br>Juice, Milk       | <b>5/2</b><br>Choice of:<br><b>Acai Bowl with Granola, Coconut Strips, Sliced Fruit</b><br>Yogurt Parfait<br>Assorted Cereals<br>Breakfast Bar Variety<br>Assorted Fruit<br>Juice/Milk                   |
| <b>5/5</b><br>Choice of:<br><b>Donut with Assorted Toppings</b><br>Yogurt Parfait<br>Assorted Cereals<br>Breakfast Bar Variety<br>Assorted Fruit<br>Juice/Milk                          | <b>5/6</b><br>Choice of:<br><b>Sausage Egg and Cheese on whole wheat Croissant,</b><br>Assorted Cereals<br>Breakfast Bar Variety<br>Yogurt Parfait<br>Assorted Fruit<br>Juice, Milk       | <b>5/7</b><br>Choice of:<br><b>Acai Bowl with Granola, Coconut Strips, Sliced Fruit</b><br>Yogurt Parfait<br>Assorted Cereals<br>Breakfast Bar Variety<br>Assorted Fruit<br>Juice/Milk                   | <b>5/8</b><br>Choice of:<br><b>Sausage Egg and Cheese on whole wheat English Muffin,</b><br>Assorted Cereals<br>Breakfast Bar Variety<br>Yogurt Parfait<br>Assorted Fruit<br>Juice, Milk  | <b>5/9</b><br>Choice of:<br><b>Waffle or Pancake with Syrup, Egg &amp; Cheese Stuffed Hashbrown,</b><br>Yogurt Parfait<br>Assorted Cereals<br>Breakfast Bar Variety<br>Assorted Fruit<br>Juice/Milk      |
| <b>5/12</b><br>Choice of:<br><b>Breakfast Pizza with Turkey Sausage &amp; Cheese</b><br>Yogurt Parfait<br>Assorted Cereals<br>Breakfast Bar Variety<br>Assorted Fruit<br>Juice/Milk     | <b>5/13</b><br>Choice of:<br><b>Sausage Egg and Cheese on whole wheat English Muffin,</b><br>Assorted Cereals<br>Breakfast Bar Variety<br>Yogurt Parfait<br>Assorted Fruit<br>Juice, Milk | <b>5/14</b><br>Choice of:<br><b>Donut with Assorted Toppings</b><br>Yogurt Parfait<br>Assorted Cereals<br>Breakfast Bar Variety<br>Assorted Fruit<br>Juice/Milk  | <b>5/15</b><br>Choice of:<br><b>Sausage Egg and Cheese on whole wheat Croissant,</b><br>Assorted Cereals<br>Breakfast Bar Variety<br>Yogurt Parfait<br>Assorted Fruit<br>Juice, Milk      | <b>5/16</b><br>Choice of:<br><b>Homemade Rainbow Smoothies: Mango, Blueberry, Strawberry, Green Apple</b><br>Yogurt Parfait<br>Assorted Cereals<br>Breakfast Bar Variety<br>Assorted Fruit<br>Juice/Milk |
| <b>5/19</b><br>Choice of:<br><b>Acai Bowl with Granola, Coconut Strips, Sliced Fruit</b><br>Yogurt Parfait<br>Assorted Cereals<br>Breakfast Bar Variety<br>Assorted Fruit<br>Juice/Milk | <b>5/20</b><br>Choice of:<br><b>Sausage Egg and Cheese on whole wheat Croissant,</b><br>Assorted Cereals<br>Breakfast Bar Variety<br>Yogurt Parfait<br>Assorted Fruit<br>Juice, Milk      | <b>5/21</b><br>Choice of:<br><b>Waffle or Pancake with Syrup, Egg &amp; Cheese Stuffed Hashbrown,</b><br>Yogurt Parfait<br>Assorted Cereals<br>Breakfast Bar Variety<br>Assorted Fruit<br>Juice/Milk     | <b>5/22</b><br>Choice of:<br><b>Sausage Egg and Cheese on whole wheat English Muffin,</b><br>Assorted Cereals<br>Breakfast Bar Variety<br>Yogurt Parfait<br>Assorted Fruit<br>Juice, Milk | <b>5/23</b><br>Choice of:<br><b>Donut with Assorted Toppings</b><br>Yogurt Parfait<br>Assorted Cereals<br>Breakfast Bar Variety<br>Assorted Fruit<br>Juice/Milk  |
| <b>5/26</b><br>Choice of:<br><b>Corn, Chocolate Chip, or Blueberry Muffin Flat</b><br>Yogurt Parfait<br>Assorted Cereals<br>Breakfast Bar Variety<br>Assorted Fruit<br>Juice/Milk       | <b>5/27</b><br>Choice of:<br><b>Sausage Egg and Cheese on whole wheat English Muffin,</b><br>Assorted Cereals<br>Breakfast Bar Variety<br>Yogurt Parfait<br>Assorted Fruit<br>Juice, Milk | <b>5/28</b><br>Choice of:<br><b>Homemade Rainbow Smoothies: Mango, Blueberry, Strawberry, Green Apple</b><br>Yogurt Parfait<br>Assorted Cereals<br>Breakfast Bar Variety<br>Assorted Fruit<br>Juice/Milk | <b>5/29</b><br>Choice of:<br><b>Sausage Egg and Cheese on whole wheat Croissant,</b><br>Assorted Cereals<br>Breakfast Bar Variety<br>Yogurt Parfait<br>Assorted Fruit<br>Juice, Milk      | <b>5/30</b><br>Choice of:<br><b>Donut with Assorted Toppings</b><br>Yogurt Parfait<br>Assorted Cereals<br>Breakfast Bar Variety<br>Assorted Fruit<br>Juice/Milk  |

## The 3 Components of School Breakfast

**Students must choose at least 3 items (including ½ cup fruit and/or vegetable)**

## of the HARVEST MONTH HERBS

*Herbs are any plant with leaves, seeds, or flowers used for flavoring, food, medicine, or perfume!*





New Liberty & Prep Breakfast Menu:

| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY   |
|---|---|--|---|--|
| <b>4/28</b><br>Choice of:<br><b>Corn, Chocolate Chip, or Blueberry Muffin Flat</b><br>Yogurt Parfait<br>Assorted Cereals<br>Breakfast Bar Variety<br>Assorted Fruit<br>Juice/Milk       | <b>4/29</b><br>Choice of:<br><b>Sausage Egg and Cheese on whole wheat English Muffin,</b><br>Assorted Cereals<br>Breakfast Bar Variety<br>Yogurt Parfait<br>Assorted Fruit<br>Juice, Milk | <b>4/30</b><br>Choice of:<br><b>Homemade Rainbow Smoothies: Mango, Blueberry, Strawberry, Green Apple</b><br>Yogurt Parfait<br>Assorted Cereals<br>Breakfast Bar Variety<br>Assorted Fruit<br>Juice/Milk | <b>5/1</b><br>Choice of:<br><b>Sausage Egg and Cheese on whole wheat Croissant,</b><br>Assorted Cereals<br>Breakfast Bar Variety<br>Yogurt Parfait<br>Assorted Fruit<br>Juice, Milk       | <b>5/2</b><br>Choice of:<br><b>Acai Bowl with Granola, Coconut Strips, Sliced Fruit</b><br>Yogurt Parfait<br>Assorted Cereals<br>Breakfast Bar Variety<br>Assorted Fruit<br>Juice/Milk                   |
| <b>5/5</b><br>Choice of:<br><b>Donut with Assorted Toppings</b><br>Yogurt Parfait<br>Assorted Cereals<br>Breakfast Bar Variety<br>Assorted Fruit<br>Juice/Milk                          | <b>5/6</b><br>Choice of:<br><b>Sausage Egg and Cheese on whole wheat Croissant,</b><br>Assorted Cereals<br>Breakfast Bar Variety<br>Yogurt Parfait<br>Assorted Fruit<br>Juice, Milk       | <b>5/7</b><br>Choice of:<br><b>Acai Bowl with Granola, Coconut Strips, Sliced Fruit</b><br>Yogurt Parfait<br>Assorted Cereals<br>Breakfast Bar Variety<br>Assorted Fruit<br>Juice/Milk                   | <b>5/8</b><br>Choice of:<br><b>Sausage Egg and Cheese on whole wheat English Muffin,</b><br>Assorted Cereals<br>Breakfast Bar Variety<br>Yogurt Parfait<br>Assorted Fruit<br>Juice, Milk  | <b>5/9</b><br>Choice of:<br><b>Waffle or Pancake with Syrup, Egg &amp; Cheese Stuffed Hashbrown,</b><br>Yogurt Parfait<br>Assorted Cereals<br>Breakfast Bar Variety<br>Assorted Fruit<br>Juice/Milk      |
| <b>5/12</b><br>Choice of:<br><b>Breakfast Pizza with Turkey Sausage &amp; Cheese</b><br>Yogurt Parfait<br>Assorted Cereals<br>Breakfast Bar Variety<br>Assorted Fruit<br>Juice/Milk     | <b>5/13</b><br>Choice of:<br><b>Sausage Egg and Cheese on whole wheat English Muffin,</b><br>Assorted Cereals<br>Breakfast Bar Variety<br>Yogurt Parfait<br>Assorted Fruit<br>Juice, Milk | <b>5/14</b><br>Choice of:<br><b>Donut with Assorted Toppings</b><br>Yogurt Parfait<br>Assorted Cereals<br>Breakfast Bar Variety<br>Assorted Fruit<br>Juice/Milk  | <b>5/15</b><br>Choice of:<br><b>Sausage Egg and Cheese on whole wheat Croissant,</b><br>Assorted Cereals<br>Breakfast Bar Variety<br>Yogurt Parfait<br>Assorted Fruit<br>Juice, Milk      | <b>5/16</b><br>Choice of:<br><b>Homemade Rainbow Smoothies: Mango, Blueberry, Strawberry, Green Apple</b><br>Yogurt Parfait<br>Assorted Cereals<br>Breakfast Bar Variety<br>Assorted Fruit<br>Juice/Milk |
| <b>5/19</b><br>Choice of:<br><b>Acai Bowl with Granola, Coconut Strips, Sliced Fruit</b><br>Yogurt Parfait<br>Assorted Cereals<br>Breakfast Bar Variety<br>Assorted Fruit<br>Juice/Milk | <b>5/20</b><br>Choice of:<br><b>Sausage Egg and Cheese on whole wheat Croissant,</b><br>Assorted Cereals<br>Breakfast Bar Variety<br>Yogurt Parfait<br>Assorted Fruit<br>Juice, Milk      | <b>5/21</b><br>Choice of:<br><b>Waffle or Pancake with Syrup, Egg &amp; Cheese Stuffed Hashbrown,</b><br>Yogurt Parfait<br>Assorted Cereals<br>Breakfast Bar Variety<br>Assorted Fruit<br>Juice/Milk     | <b>5/22</b><br>Choice of:<br><b>Sausage Egg and Cheese on whole wheat English Muffin,</b><br>Assorted Cereals<br>Breakfast Bar Variety<br>Yogurt Parfait<br>Assorted Fruit<br>Juice, Milk | <b>5/23</b><br>Choice of:<br><b>Donut with Assorted Toppings</b><br>Yogurt Parfait<br>Assorted Cereals<br>Breakfast Bar Variety<br>Assorted Fruit<br>Juice/Milk  |
| <b>5/26</b><br>Choice of:<br><b>Corn, Chocolate Chip, or Blueberry Muffin Flat</b><br>Yogurt Parfait<br>Assorted Cereals<br>Breakfast Bar Variety<br>Assorted Fruit<br>Juice/Milk       | <b>5/27</b><br>Choice of:<br><b>Sausage Egg and Cheese on whole wheat English Muffin,</b><br>Assorted Cereals<br>Breakfast Bar Variety<br>Yogurt Parfait<br>Assorted Fruit<br>Juice, Milk | <b>5/28</b><br>Choice of:<br><b>Homemade Rainbow Smoothies: Mango, Blueberry, Strawberry, Green Apple</b><br>Yogurt Parfait<br>Assorted Cereals<br>Breakfast Bar Variety<br>Assorted Fruit<br>Juice/Milk | <b>5/29</b><br>Choice of:<br><b>Sausage Egg and Cheese on whole wheat Croissant,</b><br>Assorted Cereals<br>Breakfast Bar Variety<br>Yogurt Parfait<br>Assorted Fruit<br>Juice, Milk      | <b>5/30</b><br>Choice of:<br><b>Donut with Assorted Toppings</b><br>Yogurt Parfait<br>Assorted Cereals<br>Breakfast Bar Variety<br>Assorted Fruit<br>Juice/Milk  |

## The 3 Components of School Breakfast

Students must choose at least 3 items (including ½ cup fruit and/or vegetable)

## HARVEST MONTH of the HERBS

Herbs are any plant with leaves, seeds, or flowers used for flavoring, food, medicine, or perfume!





Salem High School Breakfast Menu:

| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY   |
|---|---|--|---|--|
| <b>4/28</b><br>Choice of:<br><b>Corn, Chocolate Chip, or Blueberry Muffin Flat</b><br>Yogurt Parfait<br>Assorted Cereals<br>Breakfast Bar Variety<br>Assorted Fruit<br>Juice/Milk       | <b>4/29</b><br>Choice of:<br><b>Sausage Egg and Cheese on whole wheat English Muffin,</b><br>Assorted Cereals<br>Breakfast Bar Variety<br>Yogurt Parfait<br>Assorted Fruit<br>Juice, Milk | <b>4/30</b><br>Choice of:<br><b>Homemade Rainbow Smoothies: Mango, Blueberry, Strawberry, Green Apple</b><br>Yogurt Parfait<br>Assorted Cereals<br>Breakfast Bar Variety<br>Assorted Fruit<br>Juice/Milk | <b>5/1</b><br>Choice of:<br><b>Sausage Egg and Cheese on whole wheat Croissant,</b><br>Assorted Cereals<br>Breakfast Bar Variety<br>Yogurt Parfait<br>Assorted Fruit<br>Juice, Milk       | <b>5/2</b><br>Choice of:<br><b>Made to Order Chocolate Chip Pancakes with Assorted Fruit &amp; Syrup</b><br>Assorted Cereals<br>Breakfast Bar Variety<br>Yogurt Parfait<br>Assorted Fruit<br>Juice, Milk |
| <b>5/5</b><br>Choice of:<br><b>Donut with Assorted Toppings</b><br>Yogurt Parfait<br>Assorted Cereals<br>Breakfast Bar Variety<br>Assorted Fruit<br>Juice/Milk                          | <b>5/6</b><br>Choice of:<br><b>Sausage Egg and Cheese on whole wheat Croissant,</b><br>Assorted Cereals<br>Breakfast Bar Variety<br>Yogurt Parfait<br>Assorted Fruit<br>Juice, Milk       | <b>5/7</b><br>Choice of:<br><b>Acai Bowl with Granola, Coconut Strips, Sliced Fruit</b><br>Yogurt Parfait<br>Assorted Cereals<br>Breakfast Bar Variety<br>Assorted Fruit<br>Juice/Milk                   | <b>5/8</b><br>Choice of:<br><b>Sausage Egg and Cheese on whole wheat English Muffin,</b><br>Assorted Cereals<br>Breakfast Bar Variety<br>Yogurt Parfait<br>Assorted Fruit<br>Juice, Milk  | <b>5/9</b><br>Choice of:<br><b>Made to Order Chocolate Chip Pancakes with Assorted Fruit &amp; Syrup</b><br>Assorted Cereals<br>Breakfast Bar Variety<br>Yogurt Parfait<br>Assorted Fruit<br>Juice, Milk |
| <b>5/12</b><br>Choice of:<br><b>Breakfast Pizza with Turkey Sausage &amp; Cheese</b><br>Yogurt Parfait<br>Assorted Cereals<br>Breakfast Bar Variety<br>Assorted Fruit<br>Juice/Milk     | <b>5/13</b><br>Choice of:<br><b>Sausage Egg and Cheese on whole wheat English Muffin,</b><br>Assorted Cereals<br>Breakfast Bar Variety<br>Yogurt Parfait<br>Assorted Fruit<br>Juice, Milk | <b>5/14</b><br>Choice of:<br><b>Donut with Assorted Toppings</b><br>Yogurt Parfait<br>Assorted Cereals<br>Breakfast Bar Variety<br>Assorted Fruit<br>Juice/Milk  | <b>5/15</b><br>Choice of:<br><b>Sausage Egg and Cheese on whole wheat Croissant,</b><br>Assorted Cereals<br>Breakfast Bar Variety<br>Yogurt Parfait<br>Assorted Fruit<br>Juice, Milk      | <b>5/16</b><br>Choice of:<br><b>Homemade Rainbow Smoothies: Mango, Blueberry, Strawberry, Green Apple</b><br>Yogurt Parfait<br>Assorted Cereals<br>Breakfast Bar Variety<br>Assorted Fruit<br>Juice/Milk |
| <b>5/19</b><br>Choice of:<br><b>Acai Bowl with Granola, Coconut Strips, Sliced Fruit</b><br>Yogurt Parfait<br>Assorted Cereals<br>Breakfast Bar Variety<br>Assorted Fruit<br>Juice/Milk | <b>5/20</b><br>Choice of:<br><b>Sausage Egg and Cheese on whole wheat Croissant,</b><br>Assorted Cereals<br>Breakfast Bar Variety<br>Yogurt Parfait<br>Assorted Fruit<br>Juice, Milk      | <b>5/21</b><br>Choice of:<br><b>Corn, Chocolate Chip, or Blueberry Muffin Flat</b><br>Yogurt Parfait<br>Assorted Cereals<br>Breakfast Bar Variety<br>Assorted Fruit<br>Juice/Milk                        | <b>5/22</b><br>Choice of:<br><b>Sausage Egg and Cheese on whole wheat English Muffin,</b><br>Assorted Cereals<br>Breakfast Bar Variety<br>Yogurt Parfait<br>Assorted Fruit<br>Juice, Milk | <b>5/23</b><br>Choice of:<br><b>Donut with Assorted Toppings</b><br>Yogurt Parfait<br>Assorted Cereals<br>Breakfast Bar Variety<br>Assorted Fruit<br>Juice/Milk  |
| <b>5/26</b><br>Choice of:<br><b>Corn, Chocolate Chip, or Blueberry Muffin Flat</b><br>Yogurt Parfait<br>Assorted Cereals<br>Breakfast Bar Variety<br>Assorted Fruit<br>Juice/Milk       | <b>5/27</b><br>Choice of:<br><b>Sausage Egg and Cheese on whole wheat English Muffin,</b><br>Assorted Cereals<br>Breakfast Bar Variety<br>Yogurt Parfait<br>Assorted Fruit<br>Juice, Milk | <b>5/28</b><br>Choice of:<br><b>Homemade Rainbow Smoothies: Mango, Blueberry, Strawberry, Green Apple</b><br>Yogurt Parfait<br>Assorted Cereals<br>Breakfast Bar Variety<br>Assorted Fruit<br>Juice/Milk | <b>5/29</b><br>Choice of:<br><b>Sausage Egg and Cheese on whole wheat Croissant,</b><br>Assorted Cereals<br>Breakfast Bar Variety<br>Yogurt Parfait<br>Assorted Fruit<br>Juice, Milk      | <b>5/30</b><br>Choice of:<br><b>Donut with Assorted Toppings</b><br>Yogurt Parfait<br>Assorted Cereals<br>Breakfast Bar Variety<br>Assorted Fruit<br>Juice/Milk  |

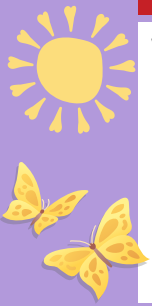
## The 3 Components of School Breakfast

Students must choose at least 3 items (including ½ cup fruit and/or vegetable)

## HARVEST MONTH of the HERBS

Herbs are any plant with leaves, seeds, or flowers used for flavoring, food, medicine, or perfume!





Dinner Menu: m a y

| MONDAY | TUESDAY  | WEDNESDAY                       | THURSDAY | FRIDAY                        |
|--------|--|---------------------------------|----------|-------------------------------|
| 4/28   | 4/29   | 4/30                            | 5/1      | 5/2                           |
| 5/5    | 5/6  | 5/7                             | 5/8      | 5/9                           |
| 5/12   | 5/13<br>National Apple Pie Day<br>International Hummus Day | 5/14<br>International Sushi Day | 5/15     | 5/16<br>National Barbecue Day |
| 5/19   | 5/20<br>National Quiche<br>Lorraine Day                    | 5/21                            | 5/22     | 5/23                          |
| 5/26   | 5/27   | 5/28                            | 5/29     | 5/30                          |

**New Daily Alternative offering:**



Sunbutter and jelly sandwiches are now offered as an alternative dinner option every day!

# HARVEST of the MONTH

## HERBS



Herbs are any plant with leaves, seeds, or flowers used for flavoring, food, medicine, or perfume!

