



chartwells
Discovery
KITCHEN



K-8 : Cairo Jr. / Sr. High MAY 2019 Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1. Turkey Ham & Egg on Flatbread Raisins Fruit Punch Juice	2. Scrambled Eggs w/ Cheese Buttered Toast Mixed Fruit Apple Juice	3. Biscuit & Gravy Pineapple Tidbits Orange Juice
6. Breakfast Pizza Rosy Applesauce Apple Juice	7. Egg & Cheese Biscuit Chilled Peaches Fruit Punch Juice	8. Pancake on a Stick W/ Syrup Mixed Fruit Grape Juice	9. Blueberry Yogurt Parfait w Granola Fresh Orange Wedges Apple Juice	10. Biscuit & Gravy Sliced Fresh Apples Orange Juice
13. Breakfast Pizza Rosy Applesauce Orange Juice	14. Bacon, Egg and Cheese Bagel Pineapple Tidbits Fruit Punch	15. Iced Cinnamon Roll Baked Apple Slices Apple Juice	16. Denver Bowl Buttered Toast Chilled Pears Grape Juice	17. Biscuit & Gravy Fresh Banana Orange Juice
21. Breakfast Pizza Cinnamon Applesauce Orange Juice	22. Cinnamon Oatmeal w/ Cinnamon Toast Chilled Peaches Apple Juice	23. Breakfast Burrito (Ham, Egg & Cheese) Raisins Orange Juice		
Daily Alternates				
Assorted Cereal Paired w/ Graham Crackers Or French Toast w/ Syrup	Assorted Cereal Paired w/ Graham Crackers Or French Toast w/ Syrup	Assorted Cereal Paired w/ Graham Crackers Or French Toast w/ Syrup	Assorted Cereal Paired w/ Graham Crackers Or French Toast w/ Syrup	Assorted Cereal Paired w/ Graham Crackers Or French Toast w/ Syrup

BREAKFAST: A full student breakfast includes a choice of entree supplying grain and/or protein, two (2) fruit side dishes and choice of milk. Milk choices include 1% white and skim chocolate.





Please update the bottom of each menu with the Food Focus of the Month as applicable to your menus:



This month
we're celebrating
cranberries



This month
we're celebrating
tomatoes



This month
we're celebrating
berries



This month
we're celebrating
autumn squash

