

LYONS SCHOOL DISTRICT 103

BTG - Breakfast K-12

Monday	Tuesday	Wednesday	Thursday	Friday
April 29, 2019	April 30, 2019	May 1, 2019	May 2, 2019	May 3, 2019
		FROSTED CORN FLAKES Animal Graham Crackers Fresh Apple Choice of Milk	COCOA PUFFS Strawberry Square Apple Juice Fresh Orange Choice of Milk	CINNAMON CHEX Graham Crackers Fresh Apple Choice of Milk
May 6, 2019	May 7, 2019	May 8, 2019	May 9, 2019	May 10, 2019
GOLDEN GRAHAM CEREAL Vanilla Breakfast Squares Apple Juice Cherry Craisins Choice of Milk	RICE CHEX Cherry Breakfast Bar Blended Fruit Juice Mixed Fruit Cup Choice of Milk	TRIX CEREAL Graham Crackers Fresh Apple Choice of Milk	CINNAMON TOAST CRUNCH Strawberry Square Blended Fruit Juice Fresh Banana Choice of Milk	CHEERIOS Maple Breakfast Square Fresh Apple Choice of Milk
May 13, 2019	May 14, 2019	May 15, 2019	May 16, 2019	May 17, 2019
FRUITY CHEERIOS Maple Breakfast Square Orange Tangerine Juice Cherry Craisins Choice of Milk	Diced Peaches Choice of Milk APPLE CINNAMON CHEERIOS Vanilla Breakfast Square Blended Fruit Juice	FROSTED CORN FLAKES Animal Graham Crackers Fresh Apple Choice of Milk	COCOA PUFFS Strawberry Square Apple Juice Fresh Orange Choice of Milk	CINNAMON CHEX Graham Crackers Fresh Apple Choice of Milk
May 20, 2019	May 21, 2019	May 22, 2019	May 23, 2019	May 24, 2019
GOLDEN GRAHAM CEREAL Vanilla Breakfast Squares Apple Juice Cherry Craisins Choice of Milk	RICE CHEX Cherry Breakfast Bar Blended Fruit Juice Mixed Fruit Cup Choice of Milk	Choice of Milk TRIX CEREAL Graham Crackers Fresh Apple	CINNAMON TOAST CRUNCH Strawberry Square Blended Fruit Juice Fresh Banana Choice of Milk	CHEERIOS Maple Breakfast Square Fresh Apple Choice of Milk
May 27, 2019	May 28, 2019	May 29, 2019	May 30, 2019	May 31, 2019
	FRUITY CHEERIOS Maple Breakfast Square Orange Tangerine Juice Cherry Craisins Choice of Milk	APPLE CINNAMON CHEERIOS Vanilla Breakfast Square Blended Fruit Juice Diced Peaches Choice of Milk	COCOA PUFFS Strawberry Square Apple Juice Fresh Orange Choice of Milk	CINNAMON CHEX Graham Crackers Fresh Apple Choice of Milk

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. ** MENU SUBJECT TO CHANGE **

^ Denotes item is whole-grain/whole wheat

***** This institution is an equal opportunity provider.**

	CINNAMON TOAST CRUNCH Strawberry Square Blended Fruit Juice	280	8	2	0	0	205	54	4	25	3	120	5	200	4	
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
05-10-2019																
	CHEERIOS Maple Breakfast Square	210	6	2	0	0	180	37	4	6	5	10	6	10	8	G/B:2sv WG
	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0	F:1c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
05-13-2019																
	FRUITY CHEERIOS Maple Breakfast Square Orange Tangerine Juice	290	6	1	0	0	190	57	3	27	4	150	12	100	5	G/B:2sv WG F:1/2c
	Cherry Craisins	110	0	0	0	0	0	28	3	24	0	0	0	0	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
05-14-2019																
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
	APPLE CINNAMON CHEERIOS Vanilla Breakfast Square Blended Fruit Juice	280	6	1	0	0	155	54	3	29	4	150	6	100	4	G/B:2sv WG F:1/2c
05-15-2019																
	FROSTED CORN FLAKES Animal Graham Crackers	220	5	0	0	0	235	44	3	14	3	150	5	263	7	G/B:2sv WG
	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0	F:1c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
05-16-2019																
	COCOA PUFFS Strawberry Square Apple Juice	280	6	1	0	0	205	56	3	26	4	150	6	100	5	G/B:2sv WG F:1/2c
	Fresh Orange	61	0	0	0	0	0	15	3	12	1	14	69	52	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
05-17-2019																
	CINNAMON CHEX Graham Crackers	210	5	0	0	0	270	38	2	10	3	220	5	180	8	G/B:2sv WG
	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0	F:1c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
05-20-2019																
	GOLDEN GRAHAM CEREAL Vanilla Breakfast Squares Apple Juice	270	6	1	0	0	265	55	2	26	3	120	5	80	4	G/B:2sv WG F:1/2c
	Cherry Craisins	110	0	0	0	0	0	28	3	24	0	0	0	0	0	F:1/2c

CINNAMON CHEX Graham Crackers	210	5	0	0	0	270	38	2	10	3	220	5	180	8	G/B:2sv WG
Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0	F:1c
Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	

Meal Contributions : M/MA = Meat/Meat Alternate F = Fruit V = Vegetable G/B = Grain/Bread W/G = Whole Grain
Vegetable Types : DG = Dark Green R/O = Red/Orange L = Legumes S = Starchy O = Other

05-09-2019	Choice of Milk	X									
	CINNAMON TOAST CRUNCH Strawberry Square Blended Fruit Juice		X						X	X	
	Fresh Banana										
05-10-2019	Choice of Milk	X									
	CHEERIOS Maple Breakfast Square		X						X	X	
	Fresh Apple										
05-13-2019	Choice of Milk	X									
	FRUITY CHEERIOS Maple Breakfast Square Orange Tangerine Juice		X						X	X	
	Cherry Craisins										
05-14-2019	Choice of Milk	X									
	Diced Peaches										
	Choice of Milk	X									
05-15-2019	APPLE CINNAMON CHEERIOS Vanilla Breakfast Square Blended Fruit Juice		X						X	X	
	FROSTED CORN FLAKES Animal Graham Crackers	X	X						X	X	
	Fresh Apple										
05-16-2019	Choice of Milk	X									
	COCOA PUFFS Strawberry Square Apple Juice		X						X	X	
	Fresh Orange										
05-17-2019	Choice of Milk	X									
	CINNAMON CHEX Graham Crackers								X	X	
	Fresh Apple										
05-17-2019	Choice of Milk	X									

