

# Secondary Breakfast Menu



May 2019

# BREAKFAST

## MAY MENU

|  | Monday  | Tuesday  | Wednesday   | Thursday  | Friday   |
|--|---|--|---|---|--|
| <b>29<sup>TH</sup>-3<sup>RD</sup></b>  | Egg and Cheese Biscuit ✓<br>Fruit Parfait ✓<br>Cereal/Cereal Bars ✓<br>Muffins/Pop-tarts ✓        | Strawberries Stuffed Mini Bagels ✓<br>Smoothie with Graham Crackers ✓<br>Cereal/Cereal Bars ✓<br>Muffins/Pop-tarts ✓ | Cheesy Scrambled Eggs and Toast ✓<br>Fruit Parfait ✓<br>Cereal/Cereal Bars ✓<br>Muffins/Pop-tarts ✓ | Egg and Cheese on a Bagel ✓<br>Smoothie with Graham Crackers ✓<br>Cereal/Cereal Bars ✓<br>Muffins/Pop-tarts ✓   | Breakfast Pizza<br>Fruit Parfait ✓<br>Cereal/Cereal Bars ✓<br>Muffins/Pop-tarts ✓    |
| <b>6<sup>TH</sup>-10<sup>TH</sup></b>  | Sausage English Muffin<br>Fruit Parfait ✓<br>Cereal/Cereal Bars ✓<br>Muffins/Pop-tarts ✓          | Breakfast Pizza<br>Smoothie with Graham Crackers ✓<br>Cereal/Cereal Bars ✓<br>Muffins/Pop-tarts ✓                    | Biscuit with Jam ✓<br>Fruit Parfait ✓<br>Cereal/Cereal Bars ✓<br>Muffins/Pop-tarts ✓                | Bacon and Egg English Muffin<br>Colby Cheese Omelet with Toast ✓<br>Cereal/Cereal Bars ✓<br>Muffins/Pop-tarts ✓ | Mini Pancakes<br>Fruit Parfait ✓<br>Cereal/Cereal Bars ✓<br>Muffins/Pop-tarts ✓      |
| <b>13<sup>TH</sup>-17<sup>TH</sup></b> | Egg and Cheese English Muffin ✓<br>Fruit Parfait ✓<br>Cereal/Cereal Bars ✓<br>Muffins/Pop-tarts ✓ | Sausage Breakfast Biscuit ✓<br>Banana Bread with String Cheese ✓<br>Cereal/Cereal Bars ✓<br>Muffins/Pop-tarts ✓      | Egg and Cheese Bagel ✓<br>Fruit Parfait ✓<br>Cereal/Cereal Bars ✓<br>Muffins/Pop-tarts ✓            | Cinni Minis ✓<br>Smoothie with Graham Crackers ✓<br>Cereal/Cereal Bars ✓<br>Muffins/Pop-tarts ✓                 | French Toast Bites<br>Fruit Parfait ✓<br>Cereal/Cereal Bars ✓<br>Muffins/Pop-tarts ✓ |
| <b>20<sup>TH</sup>-24<sup>TH</sup></b> | Egg and Cheese Biscuit ✓<br>Fruit Parfait ✓<br>Cereal/Cereal Bars ✓<br>Muffins/Pop-tarts ✓        | Strawberries Stuffed Mini Bagels ✓<br>Smoothie with Graham Crackers ✓<br>Cereal/Cereal Bars ✓<br>Muffins/Pop-tarts ✓ | Cheesy Scrambled Eggs and Toast ✓<br>Fruit Parfait ✓<br>Cereal/Cereal Bars ✓<br>Muffins/Pop-tarts ✓ | Egg and Cheese on a Bagel ✓<br>Smoothie with Graham Crackers ✓<br>Cereal/Cereal Bars ✓<br>Muffins/Pop-tarts ✓   | Breakfast Pizza<br>Fruit Parfait ✓<br>Cereal/Cereal Bars ✓<br>Muffins/Pop-tarts ✓    |
| <b>27<sup>TH</sup>-31<sup>ST</sup></b> | Memorial Day – No School  | Breakfast Pizza<br>Smoothie with Graham Crackers ✓<br>Cereal/Cereal Bars ✓<br>Muffins/Pop-tarts ✓                    | Biscuit with Jam ✓<br>Fruit Parfait ✓<br>Cereal/Cereal Bars ✓<br>Muffins/Pop-tarts ✓                | Bacon and Egg English Muffin<br>Colby Cheese Omelet with Toast ✓<br>Cereal/Cereal Bars ✓<br>Muffins/Pop-tarts ✓ | Mini Pancakes<br>Fruit Parfait ✓<br>Cereal/Cereal Bars ✓<br>Muffins/Pop-tarts ✓      |

Each meal meets USDA meal requirements for grades 9-12 with a minimum of 1 oz eq grain, 1 cup fruit, and 8 fluid ounces milk. Milk options include 1% and nonfat white milk. Items marked with a ✓ are vegetarian! Nutritional Information is available upon request.