



chartwells
Discovery
KITCHEN



K-8 : Cairo Elementary 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. Egg & Cheese Biscuit Pineapple Tidbit Fruit Punch | 15. Iced Cinnamon Roll Baked Apple Slices Apple Juice | 16. Denver Egg Bowl Buttered Toast Chilled Pears Grape Juice | 17. Biscuit & Gravy Fresh Banana Orange Juice |
| 20. Breakfast Pizza Cinnamon Applesauce Orange Juice | 21. Cinnamon Oatmeal w/ Cinnamon Toast Chilled Peaches Apple Juice | 22. Breakfast Burrito (Ham, Egg & Cheese) Raisins Orange Juice | 23. Pancakes w/ Syrup Mixed Fruit Grape Juice | |
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| Daily Alternates | | | | |
| Assorted Muffins & Cereal Paired w/ String Cheese Graham Cracker or Yogurt | Assorted Muffins & Cereal Paired w/ String Cheese Graham Cracker or Yogurt | Assorted Muffins & Cereal Paired w/ String Cheese Graham Cracker or Yogurt | Assorted Muffins & Cereal Paired w/ String Cheese Graham Cracker or Yogurt | Assorted Muffins & Cereal Paired w/ String Cheese Graham Cracker or Yogurt |

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

