

# Breakfast K-12

MAY 2024

MON	TUE	WED	THU	FRI
		1 Multi-Grain Frosted Flakes w/Graham Crackers <b>or</b> Cinnamon Butter Honey Biscuit  Diced Peaches & 100% Grape Juice	2 Cinnamon Toast Crunch w/Graham Crackers <b>or</b> Pancakes w/ Syrup <b>Fresh Apple &amp; 100% Orange Juice</b>	3 Cinnamon Crisp Bar  Raisins & 100% Grape Juice
6 Cherry Cocoa Bar Fresh Pear & 100% Very Berry Juice	7 Strawberry Yogurt w/ Graham Crackers <b>or</b> Cinnamon Bun <b>Fresh Apple &amp; Diced Pineapple</b>	8 Honey Cheerios w/ Graham Crackers <b>or</b> Cinnamon Butter Honey Biscuit  Diced Peaches & 100% Grape Juice	9 Plain Bagel w/ Cream Cheese (V) <b>or</b> Mini Sausage & Cheese Flatbread <b>Fresh Apple &amp; 100% Orange Juice</b>	10 Apple Jacks w/ Graham Crackers  Raisins & 100% Grape Juice
13 Multi-Grain Cheerios w/ Graham Crackers Raisins & Applesauce	14 Strawberry Yogurt w/ Graham Crackers <b>or</b> Pancakes w/ Syrup <b>Fresh Apple &amp; Diced Pineapple</b>	15 Cinnamon Raisin Bagel w/ Butter <b>or</b> French Toast w/ Syrup  Diced Peaches & 100% Grape Juice	16 Honey Cheerios w/ Graham Crackers <b>or</b> Cinnamon Bun <b>Fresh Apple &amp; 100% Orange Juice</b>	17 Cherry Cocoa Bar  Fresh Pear & 100% Very Berry Juice
20 Cinnamon Crisp Bar  Raisins & 100% Grape Juice	21 Strawberry Yogurt w/ Graham Crackers (V) <b>or</b> Breakfast Pizza <b>Fresh Apple &amp; Diced Pineapple</b>	22 Multi-Grain Cinnamon Flakes w/Graham Crackers <b>or</b> Apple Frudel  Diced Peaches & 100% Grape Juice	23 Plain Bagel w/ Cream Cheese <b>or</b> Waffles w/ Syrup <b>Fresh Apple &amp; 100% Orange Juice</b>	24 Blueberry Muffin  Fresh Orange & 100% Very Berry Juice
27	28 Strawberry Yogurt w/ Graham Crackers <b>Fresh Apple &amp; Diced Pineapple</b>	29 Multi-Grain Frosted Flakes w/Graham Crackers <b>or</b> Cinnamon Butter Honey Biscuit  Diced Peaches & 100% Grape Juice	30 Cinnamon Toast Crunch w/Graham Crackers <b>or</b> Pancakes w/ Syrup <b>Fresh Apple &amp; 100% Orange Juice</b>	31 Cinnamon Crisp Bar  Raisins & 100% Grape Juice

## DID YOU KNOW...

- ✓ All grain products are whole grain rich
- ✓ There are no pork products on this menu
- ✓ Meats are lean and cheeses are low fat
- ✓ All products contain Zero Trans Fats, No Artificial Colors and Sweeteners, and No High Fructose Corn Syrup

### Breakfast Milk Choices

1% Milk and Skim Milk

### Please Note

**Locally Grown Component Served Daily**

Menu is subject to change.

Vegetarian Meal Options are indicated with a "V"

