



## Breakfast Menu

May 2022

This institution is an equal opportunity provider.

Approved by Haley Havighurst, RDN

Serving Sizes are as follows:

K-12<sup>th</sup> Grade – Fruit 1 Cup, Grain 2oz, Low Fat or 1% Milk 8oz

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>May 2</b></p> <p><b>Lucky Charms</b> Cheez-Its 100% Fruit Juice Milk</p>	<p><b>May 3</b></p> <p><b>WG Breakfast Bar</b> Graham Crackers Fruit Milk</p>	<p><b>May 4</b></p> <p><b>Yogurt w/ WG granola</b> Fruit Milk</p>	<p><b>May 5</b></p> <p><b>WG Blueberry Muffin</b> Fruit Milk</p>	<p><b>May 6</b></p> <p><b>Fruity Cheerios</b> Goldfish Crackers 100% Fruit Juice Milk</p>
<p><b>May 9</b></p> <p><b>Cinnamon Toast Crunch</b> Goldfish Crackers 100% Fruit Juice Milk</p>	<p><b>May 10</b></p> <p><b>WG Breakfast Bar</b> Graham Crackers Fruit Milk</p>	<p><b>May 11</b></p> <p><b>Yogurt w/ WG granola</b> Fruit Milk</p>	<p><b>May 12</b></p> <p><b>WG Banana Bread</b> Fruit Milk</p>	<p><b>May 13</b></p> <p><b>Apple Jacks</b> Cheez-Its 100% Fruit Juice Milk</p>
<p><b>May 16</b></p> <p><b>Lucky Charms</b> Cheez-Its 100% Fruit Juice Milk</p>	<p><b>May 17</b></p> <p><b>WG Breakfast Bar</b> Graham Crackers Fruit Milk</p>	<p><b>May 18</b></p> <p><b>Yogurt w/ WG granola</b> Fruit Milk</p>	<p><b>May 19</b></p> <p><b>WG Apple Cinnamon Muffin</b> Fruit Milk</p>	<p><b>May 20</b></p> <p><b>Fruity Cheerios</b> Goldfish Crackers 100% Fruit Juice Milk</p>
<p><b>May 23</b></p> <p><b>Cinnamon Toast Crunch</b> Goldfish Crackers 100% Fruit Juice Milk</p>	<p><b>May 24</b></p> <p><b>WG Breakfast Bar</b> Graham Crackers Fruit Milk</p>	<p><b>May 25</b></p> <p><b>Yogurt w/ WG Granola</b> Fruit Milk</p>	<p><b>May 26</b></p> <p><b>WG Zucchini Bread</b> Fruit Milk</p>	<p><b>May 27</b></p> <p><b>Apple Jacks</b> Cheez-Its 100% Fruit Juice Milk</p>
<p><b>May 30</b></p>	<p><b>May 31</b></p> <p><b>WG Breakfast Bar</b> Graham Crackers Fruit Milk</p>	<p><b>June 1</b></p> <p><b>Yogurt w/ WG Granola</b> Fruit Milk</p>	<p><b>June 2</b></p> <p><b>WG Corn Muffin</b> Fruit Milk</p>	<p><b>June 3</b></p> <p><b>Fruity Cheerios</b> Goldfish Crackers 100% Fruit Juice Milk</p>

WG = Whole Grain

Fruit options vary when in season all possible options are as follows: Apples, Applesauce, Flavored Applesauce, Banana, Diced Pears, Diced Peaches, Pineapple, Oranges, Pears, Cantaloupe, Honeydew, Strawberries, Fruit Cocktail, Peaches, Mandarin Oranges, Mangos

\*\*All Cereals contain no more than 6 grams of sugar per dry ounce\*\*

\*\*All Yogurt contains no more than 23 grams of sugar per 6 ounce serving\*\*