

MAY 2021 HOT BREAKFAST MENU

Allergen & Carbohydrate Information



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3	4	5	6	7
<p>Whole Grain Turkey Ham and Cheese Croissant Sandwich 17 WSME Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>	<p>Mini Whole Grain Pancakes, 31 WSME with Syrup 25 Sugar Free Syrup 5 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>	<p>Early Release Strawberry Shredded Wheat Cereal 23 W Lemon Blueberry Crispy Bites 21 WSM 100% Fruit Juice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>	<p>Chicken Sausage Egg and Cheese on a Whole Grain Biscuit 30 WSME Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>	<p>Mini Whole Grain Maple Waffles 38 WSME, with Syrup 25 Sugar Free Syrup 5 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>
10	11	12	13	14
<p>Chicken Sausage Egg and Cheese on a Whole Grain Biscuit 30 WSME Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>	<p>Mini Whole Grain Maple Waffles 38 WSME, with Syrup 25 Sugar Free Syrup 5 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>	<p>Early Release Whole Grain Banana Bread 27 WSME 100% Fruit Juice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>	<p>Chicken Sausage Egg and Cheese on a Whole Grain English Muffin 25 WSME Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>	<p>Mini Whole Grain Pancakes, 31 WSME with Syrup 25 Sugar Free Syrup 5 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>
17	18	19	20	21
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24	25	26	27	28
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31

MEMORIAL DAY
NO SCHOOL

Key: W-Wheat/Gluten, S=Soy, M=Milk/Dairy, E=Egg Grams of Carbohydrate are indicated by the number following the menu item

We serve reduced sugar and whole grains every day!
All juices are 100% fruit juice with no added sugar!
Every Breakfast comes with your choice of milk and fruit!

Eating a nutritious breakfast helps everyone fuel up for success in the classroom and beyond!



Breakfast is offered EVERY morning!

Although we make every effort to serve menus as planned, this menu may change without notice.

This Is An Equal Opportunity Institution

