



MAY 2019 ELEMENTARY BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
6	7	8	9	10
Fresh baked cinnamon roll Assorted Fresh Local Seasonal Fruit Assorted Fruit Juice	Breakfast Banana Split parfait Assorted Fresh Local Seasonal Fruit Assorted Fruit Juice	Egg,turkey ham & cheese waffle sandwich Assorted Fresh Local Seasonal Fruit Assorted Fruit Juice	Strawberry Parfait Assorted Fresh Local Seasonal Fruit Assorted Fruit Juice	Fresh baked Chocolate Chip Muffin Assorted Fresh Local Seasonal Fruit Assorted Fruit Juice
Weekly Alternate: Cereal OR Fresh baked blueberry muffin, Yogurt, Fruit OR Juice				
13	14	15	16	17
Strawberry Parfait Assorted Fresh Local Seasonal Fruit Assorted Fruit Juice	Fresh baked cinnamon roll Assorted Fresh Local Seasonal Fruit Assorted Fruit Juice	Egg & cheese bagel sandwich Assorted Fresh Local Seasonal Fruit Assorted Fruit Juice	Fresh baked Chocolate Chip Muffin Assorted Fresh Local Seasonal Fruit Assorted Fruit Juice	Sunbutter & banana wrap Assorted Fresh Local Seasonal Fruit Assorted Fruit Juice
Weekly Alternate: Cereal OR Fresh baked blueberry muffin Yogurt, Fruit OR Juice				
20	21	22	23	24
Fresh baked cinnamon roll Assorted Fresh Local Seasonal Fruit Assorted Fruit Juice	Country Skillet breakfast wrap Assorted Fresh Local Seasonal Fruit Assorted Fruit Juice	French toast Assorted Fresh Local Seasonal Fruit Assorted Fruit Juice	Strawberry Parfait Assorted Fresh Local Seasonal Fruit Assorted Fruit Juice	Fresh baked Chocolate Chip Muffin Assorted Fresh Local Seasonal Fruit Assorted Fruit Juice
Weekly Alternate: Cereal OR Fresh baked blueberry muffin Yogurt, Fruit OR Juice				
27	28	29	30	31
NO SCHOOL MEMORIAL DAY	Mini Maple Pancakes Assorted Fresh Local Seasonal Fruit	Breakfast Turkey sausage pizza Assorted Fresh Local Seasonal Fruit	Fresh baked Chocolate Chip Muffin Assorted Fresh Local Seasonal Fruit	Strawberry banana smoothie Assorted Fresh Local Seasonal Fruit
Weekly Alternate: Cereal OR Fresh baked blueberry muffin Yogurt, Fruit OR Juice				
<p>This month we are celebrating KALE : • Kale is a cruciferous vegetable, which means it is in the same family as broccoli, brussels sprouts, and cabbage.</p> <ul style="list-style-type: none"> • You can bake kale into kale chips for a healthy alternative to potato chips. Simply remove the leaves from the thick stems, season to your liking and bake! <ul style="list-style-type: none"> • New to Kale? A great way to introduce it into your diet is by adding it to soup. It is a staple in Portuguese Kale Soup. <ul style="list-style-type: none"> • After a frost, kale actually becomes sweeter! Meaning you can harvest kale long after the summer season. <ul style="list-style-type: none"> • Kale comes in a variety of colors: green, white, purple, or bluish green. • Some varieties of kale grow five to seven feet tall! Some parts of the large plant may not be edible and are used for display instead of eating. That's truly a green giant! • When we eat kale our amazing superpowers come out! Kale has a powerful punch of nutrients that help reverse inflammation and detoxify the liver - 				
A Full Student breakfast includes a choice of entrée supplying grain and/or protein, a fruit side and choice of milk.				
This institution is an equal opportunity provider				
Have you Filled out a meal application? It takes just a few minutes !				