



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Muffin w/Cheese String or Shiver Shock w/Cereal Bar Fruit Assorted Juice Milk	Grits Sausage Biscuit Fruit Assorted Juice Milk	Mini Pancake Coated Bites Yogurt Fruit Assorted Juice Milk
WEEK OF 6 <sup>th</sup> -10 <sup>th</sup> Cycle 5	Breakfast Pizza Fruit Assorted Juice Milk	Cinni Mini Sausage Fruit Assorted Juice Milk	Chicken Patty Biscuit Fruit Assorted Juice Milk	Strudel w/Yogurt Fruit Assorted Juice Milk	Breakfast Sandwich Fruit Assorted Juice Milk
WEEK OF 13 <sup>th</sup> -17 <sup>th</sup> Cycle 1	Biscuit Sausage Fruit Assorted Juice Milk	Ham & Cheese Croissant Fruit Assorted Juice milk	Cereal (Bar) Cheese String or Yogurt* Fruit Assorted Juice Milk	Pancakes Sausage Fruit Assorted Juice Milk	Breakfast Pizza Fruit Assorted Juice Milk
WEEK OF 20 <sup>th</sup> - 24 <sup>th</sup> Cycle 2	French Toast Sausage Fruit Assorted Juice Milk	Grits Cheese Quesadilla Fruit Assorted Juice Milk	Cereal Yogurt Fruit Assorted Juice Milk	Sausage Biscuit Fruit Assorted Juice Milk	Cereal Yogurt Fruit Assorted Juice Milk
WEEK OF 27 <sup>th</sup> - 31 <sup>st</sup> Cycle 3					

**\*\*MENUS ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE\*\***

**\*Supplemental Bid\***

## MAY

ALL MEALS SERVED WITH CHOICE OF MILK:

- UNFLAVORED 1% LOW FAT
- UNFLAVORED SKIM
- FAT FREE STRAWBERRY
- FAT FREE CHOCOLATE

FRESH, CANNED OR FROZEN FRUIT SERVED DAILY

100% FORTIFIED FRUIT JUICE SERVED DAILY

Grab a Healthy Snack

As a growing kid, you need healthy snacks to get you through the day. Regular and nutritious snacks help keep your mind alert and your energy levels up.

When you get hungry between meals, nutritious snacks give you the extra energy and nutrients you need.

Potato chips, chocolates and cakes may taste better but they are full of fats, sugar and salt. That means they don't give you much fibre or nutrients. Its ok to have them now and then but not every day.

The best snack foods to choose are ones based on bread, fruit, vegetables and reduced fat dairy foods such as yogurt and cheese. They are tasty, filling & nutritious!