

Breakfast Meal Pattern - K-8th

Select a minimum of 3 components

**1 fruit/ vegetable = 1 cup**

**--fruit/juice and/or vegetable**

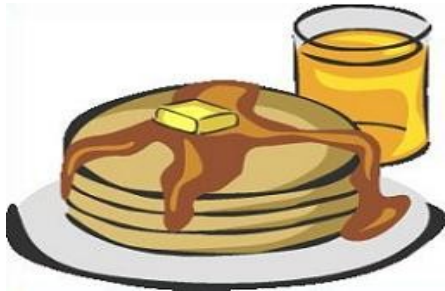
**1 whole grain rich selection(s) = 1oz**

**--biscuit, roll, muffin, bread, cereal**

**1 milk = 1 Cup**

**--fluid milk**

Menu is subject to change  
without notice



**This institution is an  
equal opportunity  
provider.**

**City Day**

**MAY 2021**  
**Breakfast Calendar In Person**

	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>
	3 Crunch Mania 100% Fruit Juice Raisins Milk	4 Pop Tart Banana Fruit Juice Milk	5 Breakfast Bar Applesauce Banana Milk	6	7
	10 Zee Zee Bar 100% Fruit Juice Raisins Milk	11 Yogurt Scooby Snacks Fruit Juice Cranberries Milk	12 Breakfast Bar Banana Applesauce Milk	13	14
	17 Zee Zee Bar Applesauce Milk/Juice	18 Cereal Bar Applesauce Cranberries Milk	19 Yogurt Goldfish Graham Raisins/Banana Milk	20	21
	24 Cereal Bar Apple Juice Cranberries Milk	25 Pop Tart Orange Juice Applesauce Milk	26 Stuffed Bagel Applesauce Banana Milk	27	28
	31				