

Get a Healthy Start to Your Day with School Breakfast!

Did you know, if you are approved for free or reduced lunch. vou are also eligible for breakfast!

NUTRITION NEWS:

May is here which means it is officially National BBQ Month and time to grill outside in the warm weather! Try something different this season by grilling more than just some burgers and hot dogs. Consider grilling seasoned whole ears of corn and skewered vegetables kabobs for a fun family side dish. Also don't be afraid to grill summer market fruits like peaches, strawberries, and apples for a sweet

treat!

Student Breakfast \$1.50

Adult Breakfast \$1.80

Reduced Breakfast \$0.30

Monday Wednesday Thursday **Tuesday** Friday Bagel with Cinnamon Bun Bagel with Cereal with Cream Cheese **Graham Crackers** Cream Cheese Cereal Or Or Assorted Fruit Donut Donut Assorted Fruit 100% Juice Assorted Fruit Assorted Fruit 100% Juice Milk Selection 100% Juice Milk Selection 100% Juice Milk Selection Milk Selection 10 11 Cereal with Cereal with Cinnamon Bun Bagel with Bagel with **Graham Crackers** Cream Cheese Cream Cheese Graham Crackers Cereal Or Or Assorted Fruit Assorted Fruit Donut Donut 100% Juice Assorted Fruit 100% Juice Assorted Fruit Assorted Fruit 100% Juice Milk Selection Milk Selection 100% Juice 100% Juice Milk Selection Milk Selection Milk Selection 15 Cinnamon Bun Cereal with Bagel with Bagel with Cereal with **Graham Crackers** Cream Cheese Cream Cheese **Graham Crackers** Cereal Or Or Assorted Fruit Assorted Fruit Donut Donut 100% Juice 100% Juice Assorted Fruit 100% Juice Milk Selection Assorted Fruit Assorted Fruit Milk Selection 100% Juice Milk Selection 100% Juice Milk Selection Milk Selection 25 22 **Cereal with** Cinnamon Bun Bagel with Bagel with School **Graham Crackers** Cream Cheese Cream Cheese Closed Cereal Or Or Assorted Fruit Donut Donut 100% Juice Assorted Fruit Milk Selection Assorted Fruit 100% Juice Assorted Fruit Milk Selection 100% Juice 100% Juice Milk Selection Milk Selection **Memorial Day** Bagel with Cinnamon Bun Bagel with Cream Cheese Cream Cheese Or Cereal Or **Donut** Donut Assorted Fruit Assorted Fruit 100% Juice Assorted Fruit 100% Juice School Closed 100% Juice Milk Selection Milk Selection Milk Selection

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