

# MAY 2024

Type Your School Name Here

## BREAKFAST



**School Information:** Type your school information here.



**Nutrition Tip:** Get started cooking more often at home: If you don't usually cook, start gradually. Make it a goal to cook once a week and work up to cooking more often.

Reference: USDA MyPlate



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY



French toast sticks

1

Biscuits and sausage  
gravy

2

3

Mini Cinis

6

Pancakes

7

Sausage egg and  
cheese biscuit

8

Yogurt Parfaits

9

10

Ham and eggs  
Toast

13

Banana Bread or  
Pumpkin bread

14

Bacon egg and  
Cheese biscuit  
Hashbrown

15

Scrambled eggs  
Toast

16

17

Apple Fritter

20

Cereal

21

Sausage egg and  
cheese on a english  
muffin

22

Cinnamon rolls

23

24

Memorial Day

27

Waffles

28

Breakfast Pizza

29

Breakfast burrito

30

31