



# MAY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WG Benefit or Nutri Grain Bar</b> 100% Fruit Juice Apple Slices Choice of Milk <b>1</b>	<b>Bacon &amp; Egg Taco</b> 100% Fruit Juice Apple Slices Choice of Milk <b>2</b>	<b>Assorted WG Cereal or Pop Tart</b> 100% Fruit Juice Apple Slices Choice of Milk <b>3</b>	<b>Mini Blueberry Waffles</b> 100% Fruit Juice Apple Slices Choice of Milk <b>4</b>	<b>Assorted WG Cereal Bar or WG Pop Tart</b> 100% Fruit Juice Apple Slices Choice of Milk <b>5</b>
<b>WG Benefit or Nutri Grain Bar</b> 100% Fruit Juice Apple Slices Choice of Milk <b>8</b>	<b>Mini Maple Waffles</b> 100% Fruit Juice Apple Slices Choice of Milk <b>9</b>	<b>Assorted WG Cereal Or WG Pop Tart</b> 100% Fruit Juice Apple Slices Choice of Milk <b>10</b>	<b>Egg &amp; Cheese Bagel</b> 100% Fruit Juice Apple Slices Choice of Milk <b>11</b>	<b>Assorted WG Cereal Bar or Cereal w/ Crackers</b> 100% Fruit Juice Apple Slices Choice of Milk <b>12</b>
<b>Assorted WG Cereal Or WG Pop Tart</b> 100% Fruit Juice Apple Slices Choice of Milk <b>15</b>	<b>No School</b> <b>16</b>	<b>Assorted WG Cereal Bar or Cereal</b> 100% Fruit Juice Apple Slices Choice of Milk <b>17</b>	<b>French Toast Sticks</b> 100% Fruit Juice Apple Slices Choice of Milk <b>18</b>	<b>Assorted WG Cereal Bar or Pop Tart</b> 100% Fruit Juice Apple Slices Choice of Milk <b>19</b>
<b>WG Benefit or Nutri Grain Bar</b> 100% Fruit Juice Apple Slices Choice of Milk <b>22</b>	<b>Mini Maple Waffles</b> 100% Fruit Juice Apple Slices Choice of Milk <b>23</b>	<b>Assorted WG Cereal Or WG Pop Tart</b> 100% Fruit Juice Apple Slices Choice of Milk <b>24</b>	<b>WG Bagel with Jelly</b> 100% Fruit Juice Apple Slices Choice of Milk <b>25</b>	<b>No School</b> <b>26</b>
<b>No School</b> <b>29</b>	<b>Glazed Donut</b> 100% Fruit Juice Apple Slices Choice of Milk <b>30</b>	<b>Assorted WG Cereal Bar or Cereal w/ Crackers</b> 100% Fruit Juice Apple Slices Choice of Milk <b>31</b>		

## NOTES

### **Breakfast is FREE for ALL Student 2022-2023 School Year**

To make a program meal students must take at least three components. Components include: ½ cup fruit or fruit juice, grain, meat/meat alternative and milk. **One component MUST be ½ cup or fruit or 100% Fruit Juice** Students may choose either Nonfat Flavored Chocolate OR 1% White Milk.

**Assorted WG Cereals may include Cheerios, Cinnamon Toast Crunch, Lucky Charms, Cocoa Puffs. Assorted WG Pop Tarts may include Strawberry, Cinnamon, Fudge. Assorted WG Cereal Bars may include Cinnamon Toast Crunch, Trix, Golden Grahams. WG crackers may include Goldfish, Honey or Chocolate Grahams**