



May 2012 Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Apple Jacks Milk 100% Juice	2 Banana Muffin Milk 100% Juice	3 Frosted Flakes Milk 100% Juice	4 Frosted Mini Wheats Milk 100% Juice
	7 Apple Jacks Milk 100% Juice	8 Frosted Flakes Milk 100% Juice	9 Apple Muffin Milk 100% Juice	10 Frosted Mini Wheats Milk 100% Juice
	14 Frosted Flakes Milk 100% Juice	15 Froot Loops Milk 100% Juice	16 Blueberry Muffin Milk 100% Juice	17 Apple Jacks Milk 100% Juice
	21 Froot loops Milk 100% Juice	22 Apple Jacks Milk 100% Juice	23 Banana Muffin Milk 100% Juice	24 Frosted Mini Wheats Milk 100% Juice
28 NO SCHOOL MEMORIAL DAY	29 Apple Jacks Milk 100% Juice	30 Apple Muffin Milk 100% Juice	31 Frosted Flakes Milk 100% Juice	*Menu subject to change without notice based on product availability

About Our Breakfast:

- All cereals are whole grain
- All milk is skim or 1% white milk
- All juices are 100% juice with no added sugar
- Whole grain graham-cracker products are offered with every breakfast



Did you know...
May is *National Fitness and Sports Month*? Being fit by staying active and eating healthy can prevent many diseases. Ways you can stay active include playing with friends at recess, biking, running, and joining a sports team. A healthy diet can help you have enough energy to be active. Starting your day with school lunch is a great start!