

We're Serving Up
HAPPY & HEALTHY

Elementary Breakfast Menu May

Milk(without meal): \$0.40 Adult Breakfast: \$2.25 Student Breakfast: Free

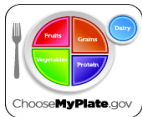
A full student breakfast includes whole grain and/or protein, fruit, and milk. Milk choices include 1% White, Skim, and 1% Chocolate.

Monday	Tuesday	Wednesday	Thursday	Friday
3 Golden Graham Cereal Bar 100% Fruit Juice Craisins	4 Strawberry Cream Cheese Stuffed Bagel 100% Fruit Juice Fresh Fruit	5 Chocolate Muffin w/Colby Jack Cheese Stick 100% Fruit Juice Raisins	6 Cocoa Puffs Cereal 100% Fruit Juice Craisins	7 Cinnamon Pop-Tart 100% Fruit Juice Applesauce
10 Cinnamon Toast Crunch Cereal Bar 100% Fruit Juice Craisins	11 Scooby Grahams 100% Fruit Juice Fresh Fruit	12 Crunchmania Crackers 100% Fruit Juice Raisins	13 Chocolate Chip Breakfast Round 100% Fruit Juice Craisins	14 Strawberry Yogurt Chex 100% Fruit Juice Applesauce
17 Blueberry Bash Waffles 100% Fruit Juice Craisins	18 Bug Bites Graham Crackers 100% Fruit Juice Fresh Fruit	19 Banana Chocolate Chunk BeneFIT Bar 100% Fruit Juice Raisins	20 Banana Muffin 100% Fruit Juice Craisins	21 Cheddar Goldfish 100% Fruit Juice Applesauce
24 Lucky Charms Cereal 100% Fruit Juice Craisins	25 Golden Grahams Cereal Bar 100% Fruit Juice Fresh Fruit	26 Strawberry Pop-Tart 100% Fruit Juice Raisins	27 Blueberry Muffin 100% Fruit Juice Craisins	28 Cinnamon Chream Cheese Stuffed Bagel 100% Fruit Juice Applesauce

*Juices have no sugar added.
Cereals made with reduced sugar.*

*All bread and grain products
made with whole grains.*

Menus subject to change without notice.



Go to MyPlate.gov for online personal wellness resources for you and your family.



This institution is an equal opportunity provider.

Questions or comments?

Please call or e-mail Heather Vanderhoof at 920-898-1605 X3052 or hvanderhoof@nhsd.k12.wi.us

**Nutrition & Allergy
Information**

Get the Nutrislice App
or visit

<http://nhsdk12.nutrislice.com>

