



School Information: Students 18 and under FREE
 Adult cost \$1.85
 Milk choice 1% and Skim
 Choice of cereal and Juice.



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

POPART 2
 CEREAL
 JUICE
 FRESH FRUIT
 MILK

TOAST 3
 CEREAL
 JUICE
 FRESH FRUIT
 MILK

WAFFLE 4
 CEREAL
 JUICE
 FRESH FRUIT
 MILK

Cinco De Mayo 5
 MUFFIN / CEREAL
 JUICE
 FRESH FRUIT
 MILK

School Lunch Hero Day 6
 CEREAL BAR / CEREAL
 JUICE
 FRESH FRUIT
 MILK

POPART 9
 CEREAL
 JUICE
 FRESH FRUIT
 MILK

TOAST 10
 CEREAL
 JUICE
 FRESH FRUIT
 MILK

CINNIMINNI 11
 CEREAL
 JUICE
 FRESH FRUIT
 MILK

MUFFIN 12
 CEREAL
 JUICE
 FRESH FRUIT
 MILK

BAGEL 13
 CEREAL
 JUICE
 FRESH FRUIT
 MILK

POPART 16
 CEREAL
 JUICE
 FRESH FRUIT
 MILK

TOAST 17
 CEREAL
 JUICE
 FRESH FRUIT
 MILK

YOGURT 18
 CEREAL
 JUICE
 FRESH FRUIT
 MILK

MUFFIN 19
 CEREAL
 JUICE
 FRESH FRUIT
 MILK

PANCAKE 20
 CEREAL
 JUICE
 FRESH FRUIT
 MILK

POPART 23
 CEREAL
 JUICE
 FRESH FRUIT
 MILK

TOAST 24
 CEREAL
 JUICE
 FRESH FRUIT
 MILK

DONUT 25
 CEREAL
 JUICE
 FRESH FRUIT
 MILK

MUFFIN **LAST DAY SCHO** 26
 CEREAL
 JUICE
 FRESH FRUIT
 MILK
2HR EARLY OUT

ENJOY 27
THE
SUMMER !!

Memorial Day 30

31

