



Breakfast Menu – NSP - Main

May 2023

This institution is an equal opportunity provider.

Approved by Haley Havighurst, RDN

Serving Sizes are as follows:

K-8th Grade – Grain or Meat/MA 1.75oz, Fruit 1 cup, 1% or Fat Free Milk 8oz

9-12th Grade – Grain or Meat/MA 2oz, Fruit 1 cup, 1% or Fat Free Milk 8oz

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|---|
| May 1 WG Lucky Charms Cheez Its 100% Juice Box Milk | May 2 Yogurt w/ Granola Fruit Milk | May 3 WG Bagel w/ Cream Cheese Fruit Milk | May 4 WG Cinnamon Toast Crunch Goldfish 100% Juice Box Milk | May 5 WG Blueberry MuffinC Fruit Milk |
| May 8 WG Frosted Mini Wheats Cheez Its 100% Juice Box Milk | May 9 Yogurt w/ Granola Fruit Milk | May 10 WG Bagel w/ Cream Cheese Fruit Milk | May 11 WG Apple Jacks Goldfish 100% Juice Box Milk | May 12 WG Banana Muffin Fruit Milk |
| May 15 WG Apple Cinnamon Cheerios Cheez Its 100% Juice Box Milk | May 16 Yogurt w/ Granola Fruit Milk | May 17 WG Bagel w/ Cream Cheese Fruit Milk | May 18 WG Fruit Loops Goldfish 100% Juice Box Milk | May 19 WG Apple Cinnamon Muffin Fruit Milk |
| May 22 WG Cocoa Puffs Cheez Its 100% Juice Box Milk | May 23 Yogurt w/ Granola Fruit Milk | May 24 WG Bagel w/ Cream Cheese Fruit Milk | May 25 WG Frosted Flakes Goldfish 100% Juice Box Milk | May 26 WG Orange Muffin Fruit Milk |
| May 29 CLOSED HAPPY MEMORIAL DAY! | May 30 Yogurt w/ Granola Fruit Milk | May 31 WG Bagel w/ Cream Cheese Fruit Milk | June 1 WG Trix Goldfish 100% Juice Box Milk | June 2 WG Chocolate Chip Muffin Fruit Milk |

WG = Whole Grain

Fruit options vary when in season all possible options are as follows: Apples, Applesauce, Flavored Applesauce, Banana, Diced Pears, Diced Peaches, Pineapple, Oranges, Pears, Cantaloupe, Honeydew, Strawberries, Fruit Cocktail, Peaches, Mandarin Oranges, Mangos