

Monday

Grab & Go Carts in All Schools
Cart Choice: First Item Listed on menu/ Juice or 2 oz. Cereal/Juice

Tuesday

Wednesday

Thursday

Friday

1 Mini Maple Pancakes
Cheesy Eggs /WG Toast
May take one item listed below with toast:
Cereal, Pop Tart, or String Cheese
Must take fruit or fruit juice, but may take both.
May take milk.

2 Blueberry Muffin
WG Biscuit/Gravy
May take one item listed below with toast:
Cereal, Pop Tart, or String Cheese
Must take fruit or fruit juice, but may take both.
May take milk.

3 Mini Corn Dogs
May take one item listed below with toast:
Cereal, Pop Tart, or String Cheese
Must take fruit or fruit juice, but may take both.
May take milk.

4 Strawberry Mini Bagel
May take one item listed below with toast:
Cereal, Pop Tart, or String Cheese
Must take fruit or fruit juice, but may take both.
May take milk.

7 Chocolate Chip Muffin
Breakfast Pizza
May take one item listed below with toast:
Cereal, Pop Tart, or String Cheese
Must take fruit or fruit juice, but may take both.
May take milk.

8 Chicken Biscuit
May take one item listed below with toast:
Cereal, Pop Tart, or String Cheese
Must take fruit or fruit juice, but may take both.
May take milk.

9 Dutch Waffle
Scrambled Eggs/WG Toast
May take one item listed below with toast:
Cereal, Pop Tart, or String Cheese
Must take fruit or fruit juice, but may take both.
May take milk.

10 Pancake on a Stick
May take one item listed below with toast:
Cereal, Pop Tart, or String Cheese
Must take fruit or fruit juice, but may take both.
May take milk.

11 Sausage Biscuit
May take one item listed below with toast:
Cereal, Pop Tart, or String Cheese
Must take fruit or fruit juice, but may take both.
May take milk.

14 Glazed Donut
May take one item listed below with toast:
Cereal, Pop Tart, or String Cheese
Must take fruit or fruit juice, but may take both.
May take milk.

15 Chocolate Chip Breakfast Bar
WG Biscuit/Gravy
May take one item listed below with toast:
Cereal, Pop Tart, or String Cheese
Must take fruit or fruit juice, but may take both.
May take milk.

16 Sausage Biscuit
May take one item listed below with toast:
Cereal, Pop Tart, or String Cheese
Must take fruit or fruit juice, but may take both.
May take milk.

17 Blueberry Muffin
Cheesy Eggs/ WG Toast
May take one item listed below with toast:
Cereal, Pop Tart, or String Cheese
Must take fruit or fruit juice, but may take both.

18 Apple Pie Pocket
Breakfast Pizza
May take one item listed below with toast:
Cereal, Pop Tart, or String Cheese
Must take fruit or fruit juice, but may take both.
May take milk.

21 Dutch Waffle
May take one item listed below with toast:
Cereal, Pop Tart, or String Cheese
Must take fruit or fruit juice, but may take both.
May take milk.

22 Mini French Toast
French Toast Sticks/Syrup
May take one item listed below with toast:
Cereal, Pop Tart, or String Cheese
Must take fruit or fruit juice, but may take both.
May take milk.

23 Chicken Biscuit
May take one item listed below with toast:
Cereal, Pop Tart, or String Cheese
Must take fruit or fruit juice, but may take both.
May take milk.

24 Chocolate Chip Muffin
WG Biscuit/Gravy
May take one item listed below with toast:
Cereal, Pop Tart, or String Cheese
Must take fruit or fruit juice, but may take both.
May take milk.

25 Blueberry Mini Waffle
Scrambled Eggs/WG Toast
May take one item listed below with toast:
Cereal, Pop Tart, or String Cheese
Must take fruit or fruit juice, but may take both.
May take milk.

28  **MEMORIAL DAY**
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29 **MANAGER'S CHOICE**
May take one item listed below with toast:
Cereal, Pop Tart, or String Cheese
Must take fruit or fruit juice, but may take both.
May take milk.

30 **MANAGER'S CHOICE**
May take one item listed below with toast:
Cereal, Pop Tart, or String Cheese
Must take fruit or fruit juice, but may take both.

31 **MANAGER'S CHOICE**
May take one item listed below with toast:
Cereal, Pop Tart, or String Cheese
Must take fruit or fruit juice, but may take both.
May take milk.

“USDA is an equal opportunity provider and employer.”

Breakfast is Fuel for Energy

Eating a breakfast rich in fiber and carbohydrates will keep you fueled and alert throughout the day.