



Menu

Elementary Breakfast May 2010

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Cheesy Grits or Assorted Kellogg's Cereals</p> <p>Turkey Ham Slice *Cinnamon Breakfast Square Assorted 100% Fruit Juice Fresh Fruit Choice: Apple or Orange</p> <p>May is National</p>	<p>4</p> <p>French Toast Bake or Assorted Kellogg's Cereals</p> <p>Nutriday Yogurt *Ultimate Breakfast Round Assorted 100% Fruit Juice Fresh Fruit Choice: Pear or Apple</p> <p>Egg Month!</p>	<p>5</p> <p>Mexican Skillet or Assorted Kellogg's Cereals</p> <p>Toast w/ Jelly Kellogg's Strawberry Pop Tart Assorted 100% Fruit Juice Fresh Fruit Choice: Banana or Orange</p> <p>Cinco de Mayo</p>	<p>6</p> <p>Oatmeal w/ Peaches- or Assorted Kellogg's Cereals</p> <p>Beef Sausage Patty- Cheese Square Assorted 100% Fruit Juice Fresh Fruit Choice: -Orange or Pear</p>	<p>7</p> <p>Mrs. Butterworth's Waffles or Assorted Kellogg's Cereals</p> <p>Scrambled Eggs Toast w/ Jelly Assorted 100% Fruit Juice Fresh Fruit Choice: Apple or Banana</p>
<p>10</p> <p>Spanish Omelet w/ Toast or Assorted Kellogg's Cereals</p> <p>Turkey Sausage Link Kellogg's Blueberry Pop Tart Assorted 100% Fruit Juice Fresh Fruit Choice: Apple or Orange</p>	<p>11</p> <p>Aunt Jemima Pancakes or Assorted Kellogg's Cereals</p> <p>Beef Sausage Patty Cheese Square Assorted 100% Fruit Juice Fresh Fruit Choice: Pear or Apple</p>	<p>12</p> <p>Fruit & Yogurt Parfait or Assorted Kellogg's Cereals</p> <p>Scrambled Eggs Mini-Bagel w/ *Peanut Butter Assorted 100% Fruit Juice Fresh Fruit Choice: Banana or Orange</p>	<p>13</p> <p>-Egg Patty Muffin or Assorted Kellogg's Cereals</p> <p>Grits- Homemade Smart Bar Assorted 100% Fruit Juice Fresh Fruit Choice: -Orange or Pear</p>	<p>14</p> <p>Mrs. Butterworth's French Toast Sticks or Assorted Kellogg's Cereals</p> <p>Turkey Ham Slice *Cinnamon Breakfast Square Assorted 100% Fruit Juice Fresh Fruit Choice: Apple or Banana</p>
<p>17</p> <p>Country Chicken Breakfast Sandwich or Assorted Kellogg's Cereals</p> <p>Nutriday Yogurt *Granola Bar Assorted 100% Fruit Juice Fresh Fruit Choice: Apple or Orange</p>	<p>18</p> <p>Turkey Ham & Egg Scramble or Assorted Kellogg's Cereals</p> <p>*Ultimate Breakfast Round Kellogg's Strawberry Pop Tart Assorted 100% Fruit Juice Fresh Fruit Choice: Pear or Apple</p>	<p>19</p> <p>French Toast Bake or Assorted Kellogg's Cereals</p> <p>Turkey Sausage Link *Cinnamon Breakfast Square Assorted 100% Fruit Juice Fresh Fruit Choice: Banana or Orange</p>	<p>20</p> <p>Cinnamon Raisin Oatmeal- or Assorted Kellogg's Cereals</p> <p>Beef Sausage Patty- Cheese Square Assorted 100% Fruit Juice Fresh Fruit Choice: -Orange or Pear</p>	<p>21</p> <p>Strawberry Pancakes or Assorted Kellogg's Cereals</p> <p>Scrambled Eggs Toast w/ Jelly Assorted 100% Fruit Juice Fresh Fruit Choice: Apple or Banana</p>
<p>24</p> <p>Cheesy Turkey Ham & Egg Sandwich or Assorted Kellogg's Cereals</p> <p>Gourmet Muffin Kellogg's Blueberry Pop Tart Assorted 100% Fruit Juice Fresh Fruit Choice: Apple or Orange</p>	<p>25</p> <p>Mrs. Butterworth's Waffles or Assorted Kellogg's Cereals</p> <p>Beef Sausage Patty *Cinnamon Breakfast Square Assorted 100% Fruit Juice Fresh Fruit Choice: Pear or Apple</p>	<p>26</p> <p>Cheese Omelet w/ Toast Or Assorted Kellogg's Cereals</p> <p>Turkey Sausage Link Homemade Smart Bar Assorted 100% Fruit Juice Fresh Fruit Choice: Banana or Orange</p>	<p>27</p> <p>Aunt Jemima Pancakes or Assorted Kellogg's Cereals</p> <p>Turkey Ham Slice Cheese Square Assorted 100% Fruit Juice Fresh Fruit Choice: Orange or Pear</p>	<p>28</p> <p>-Denver Skillet or Assorted Kellogg's Cereals</p> <p>Toast w/ Jelly- Nutriday Yogurt Assorted 100% Fruit Juice Fresh Fruit Choice: Apple or Banana-</p>
<p>Weekly Nutrient Analysis: May 3-7 May 10-14 May 17-21 May 24-28</p> <p>Celebrate Asian Pacific American Heritage Month</p>	<p>Calories 554 Total Fat (g) 13 Saturated Fat (g) 5 Sodium (mg) 641 Carbohydrates (g) 89 Protein (g) 19 Vitamin A (IU) 1014 Vitamin C (mg) 15 Calcium (mg) 383 Iron (mg) 4</p>	<p>Calories 560 Total Fat (g) 15 Saturated Fat (g) 5 Sodium (mg) 763 Carbohydrates (g) 88 Protein (g) 19 Vitamin A (IU) 992 Vitamin C (mg) 15 Calcium (mg) 395 Iron (mg) 5</p>	<p>Calories 556 Total Fat (g) 16 Saturated Fat (g) 5 Sodium (mg) 706 Carbohydrates (g) 84 Protein (g) 20 Vitamin A (IU) 1008 Vitamin C (mg) 16 Calcium (mg) 373 Iron (mg) 4</p>	<p>Calories 555 Total Fat (g) 15 Saturated Fat (g) 5 Sodium (mg) 850 Carbohydrates (g) 85 Protein (g) 20 Vitamin A (IU) 975 Vitamin C (mg) 15 Calcium (mg) 409 Iron (mg) 4</p>

Sides Offered Daily: Fresh Fruit and Milk. Students must take an entrée, 1 to 2 sides, and may take a milk. 4th item must be a milk.

All Balanced Choices Meals include Milk. Students must take a minimum of 3 and a maximum of 4 items. *This product may contain peanuts. Items marked with a  indicate a whole grain item. Items marked with  indicate frozen, local produce.

Why eat foods that are in season? There are a number of good reasons to eat more local, seasonal food:

1. To reduce the energy (and associated CO2 emissions) needed to grow and transport the food we eat.
2. To avoid paying a premium for food that is scarcer or has traveled a long way.
3. To support the local economy.
4. Because seasonal food is fresher and so tends to be tastier and more nutritious.

Source:

