

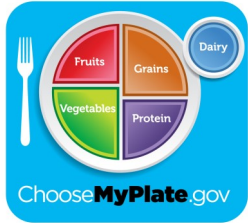
May 2018 Breakfast and Snack Menu

Monday

Tuesday

Wednesday

Thursday



1
WGR Seasonal Bagel Applesauce

WGR Seasonal Bagel Applesauce

2
Wheat Chex Cereal Banana

Hard Pretzels
 Banana

3
Strawberry and Blueberry w/ Oat Topping Yogurt

Strawberry and Blueberry w/ Oat Topping Yogurt

7
Cheerios Orange Juice

WGR Crackers
 Fruit Cocktail

8
Blueberry Bagel Cream Cheese Melons

Blueberry Bagel Cream Cheese Melons

9
WGR English Muffin Cheese Slice Peaches

WGR English Muffin Cheese Slice Peaches

10
Whole Wheat Bread Honey Butter Mini Apples

Whole Wheat Bread Honey Butter Mini Apples

14
Life Cereal Pears

Snack Mix (Crackers, pretzels, cereals)
 Pears

15
Cottage Cheese Pineapple Tidbits

Cottage Cheese Pineapple Tidbits

16
Bran Flakes Apricots

Hard Pretzels
 Apricots

17
WGR Zucchini Bread Fruit Salad

WGR Zucchini Bread Fruit Salad

21
Rice Crispy Cereal Apple Juice

WW Crackers
 Cheese Slices

22
Orange Cranberry Bagels w/ Cream Cheese, Banana

Orange Cranberry Bagels w/ Cream Cheese, Banana

23
Kix Cereal Apples

Snack Mix (Crackers, pretzels, cereals)
 Apples

24
Fresh Pineapple WGR Soft pretzels, Honey Mustard Dip

Fresh Pineapple WGR Soft pretzels, Honey Mustard Dip

28
NO SCHOOL

29
Cheerios Orange Juice

Graham Crackers
 Mandarin oranges

30
Deluxe Snack Mix (Snack mix w/ dried fruit) Applesauce

Deluxe Snack Mix (Snack mix w/ dried fruit) Applesauce

31
Yogurt Pears

Yogurt Pears

Did You Know...

Children cannot eat enough food with just 3 meals because their stomachs are small. They grow best with 3 meals and 1 to 2 small snacks each day.

Snacks Need to Be Nutritious!

Children who fill their small tummies with candy, soda and chips will not have room for nutritious meals and snacks.

Snacks Need to Be Planned!

Try to have 1 to 2 hours without eating before a meal. Children who snack all day long may not be hungry at meal times. If you are having lunch at 12:00, have a snack at 10:00.

Try These Fun Snacks at Home!

Yogurt Berries - Dip fresh strawberries, raspberries or blueberries in yogurt. Place in the freezer and freeze until yogurt is frozen.

Fruit Kabobs - Put chunks of fruit and soft cheese on pretzel sticks or skewers.



No peanut, nuts, or pork products are used in the preparation of any menu item. Milk (1% low fat) is served with every breakfast..

"WGR" means "Whole Gran Rich" and specifies that the item contains at least 50% whole grains. "WW" means "Whole Wheat" and specifies that the item contains 100% whole wheat.