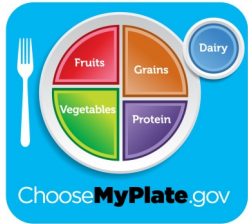


# May 2019 Breakfast and Snack Menu

Tuesday



Wednesday

Thursday

Friday

<p>7  <b>Life Cereal</b>  <b>Apple Juice</b></p> <hr/> <p>Snack Mix                      (Cheerios, Kix, Pretzels, Fish Crackers)                      Pineapple Tidbits</p>	<p>1  <b>Deluxe Snack Mix (WG Cereal, Crackers &amp; Dried Fruits)</b>  <b>Applesauce</b></p> <hr/> <p>Deluxe Snack Mix (WG Cereal, Crackers &amp; Dried Fruits)                      Applesauce</p>	<p>2  <b>WGR Soft Pretzel</b>  <b>Honey Mustard</b>  <b>Peaches</b></p> <hr/> <p>WGR Soft Pretzel                      Honey Mustard                      Peaches</p>	<p>3  <b>WGR Banana Bites</b>  <b>Mandarin Oranges</b></p> <hr/> <p>WGR Banana Bites                      Mandarin Oranges</p>
<p>14  <b>Bran Flakes</b>  <b>Apple Juice</b></p> <hr/> <p>Celery Sticks w/                      Sunbutter                      Mini apples</p>	<p>8  <b>Seasonal Bagel w/ Cream Cheese</b>  <b>Tropical Fruit</b></p> <hr/> <p>Seasonal Bagel w/                      Cream Cheese                      Tropical Fruit</p>	<p>9  <b>Yogurt Parfait w/ WGR Oat Topping</b>  <b>Bananas</b></p> <hr/> <p>Yogurt Parfait w/                      WGR Oat Topping                      Bananas</p>	<p>10  <b>Cheese and Crackers</b>  <b>Peaches</b></p> <hr/> <p>Cheese and Crackers                      Peaches</p>
<p>21  <b>Kix Cereal</b>  <b>Orange Juice</b></p> <hr/> <p>WGR Bagel w/                      Cream Cheese                      Mixed Melon</p>	<p>15  <b>WGR English Muffin</b>  <b>Honey Butter</b>  <b>Strawberries</b></p> <hr/> <p>WGR English Muffin w/                      Honey Butter                      Strawberries</p>	<p>16  <b>Deluxe Snack Mix (WG Cereal, Crackers &amp; Dried Fruits)</b>  <b>Kiwi</b></p> <hr/> <p>Deluxe Snack Mix (WG Cereal, Crackers &amp; Dried Fruits)                      Kiwi</p>	<p>17  <b>WGR Raisin Muffin</b>  <b>Cheese Slices</b></p> <hr/> <p>WGR Raisin Muffin                      Cheese Slices</p>
<p>28  <b>Cheerios</b>  <b>Pineapple Juice</b></p> <hr/> <p>WGR Soft Pretzel                      Pears</p>	<p>22  <b>WGR Blueberry Bites</b>  <b>Bananas</b></p> <hr/> <p>WGR Blueberry Bites                      Bananas</p>	<p>23  <b>Cottage Cheese</b>  <b>Pears</b></p> <hr/> <p>Cottage Cheese                      Pears</p>	<p>24  <b>WGR Zucchini Bread</b>  <b>Apple Slices</b></p> <hr/> <p>WGR Zucchini Bread                      Apple Slices</p>
<p>29  <b>WGR English Muffin</b>  <b>Honey Butter</b>  <b>Mandarin Oranges</b></p> <hr/> <p>WGR English Muffin w/                      Honey Butter                      Mandarin Oranges</p>	<p>30  <b>Yogurt Parfait w/ WGR Oat Topping</b>  <b>Peaches</b></p> <hr/> <p>Yogurt Parfait w/                      WGR Oat Topping                      Peaches</p>	<p>31  <b>Seasonal Bagel w/ Cream Cheese</b>  <b>Tropical Fruit</b></p> <hr/> <p>Seasonal Bagel w/                      Cream Cheese                      Tropical Fruit</p>	<p>31  <b>Seasonal Bagel w/ Cream Cheese</b>  <b>Tropical Fruit</b></p> <hr/> <p>Seasonal Bagel w/                      Cream Cheese                      Tropical Fruit</p>

## 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 Grain 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.