




# RSU #74 BREAKFAST MENU

## MAY 2019

SCHOOL LUNCH HERO DAY IS  
MAY 3

Don't forget to say THANK YOU  
to your LUNCH LADIES !

	Mon	Tue	Wed	Thu	Fri
<p><b>All Menus Subject To Change Without Notice</b></p>			1 Breakfast Cookie-1 Peanut butter-1 TBSP Fruit & Juice Variety-1 cup Milk-1 cup	2 Pancake & Sausage on a Stick-1 Fruit & Juice Variety-1 cup Milk-1 cup	3 <u>YOGURT BAR</u> Yogurt Parfait-1/2 cup Granola- 1/8 cup Graham Crackers-2 pkgs Fruit & Juice Variety-1 cup Milk-1 cup
<p><b>BREAKFAST PRICES</b> All Students—FREE Adults \$1.00 <b>LUNCH PRICES</b> All Students—FREE Adults \$4.50</p>	6 WG Cereal-1 oz WW Toast w/Jelly-1 slice Fruit & Juice Variety-1 cup Milk-1 cup	7 Warmed Bagel-2 oz Cream Cheese-1 TBSP Fruit & Juice Variety-1 cup Milk-1 cup	8 WG Muffin-- 1 (2 oz) Scrambled Eggs & Cheese- 1/2 cup Fruit & Juice Variety-1 cup Milk-1 cup	9 Hot Oatmeal-3/4 c Cranberries /Strawberries-1/4 c WW Cinnamon Toast-1 slice Fruit & Juice Variety-1 cup Milk-1 cu p	10 <u>YOGURT BAR</u> Yogurt Parfait-1/2 cup Granola- 1/8 cup Graham Crackers-2 pkgs Fruit & Juice Variety-1 cup Milk-1 cup
<p><b>All milk offered free with a meal is a No Fat or Low Fat Variety. Snack or cold lunch milk price is 30 cents.</b></p>	13 WG Cereal-1 oz WW Toast w/Jelly-1 slice Fruit & Juice Variety-1 cup Milk-1 cup	14 Waffle w/Syrup-1(1oz) Cheese Stick-1 oz Fruit & Juice Variety-1 cup Milk-1 cup	15 <u>Early Dismissal</u> Egg Patty & Cheese-2 oz on Wrap-1 Fruit & Juice Variety-1 cup Milk-1 cup	16 Hot Oatmeal-3/4 c Cranberries /Strawberries-1/4 c WW Cinnamon Toast-1 slice Fruit & Juice Variety-1 cup Milk-1 cu p	17 <u>YOGURT BAR</u> Yogurt Parfait-1/2 cup Granola- 1/8 cup Graham Crackers-2 pkgs Fruit & Juice Variety-1 cup Milk-1 cup
<p><b>The USDA and this institution are equal opportunity employers &amp; providers.</b></p>	20 WG Cereal-1 oz WW Toast w/Jelly-1 slice Fruit & Juice Variety-1 cup Milk-1 cup	21 Warmed Bagel-2 oz Cream Cheese-1 TBSP Fruit & Juice Variety-1 cup Milk-1 cup	22 Breakfast Pizza-1 slice Fruit & Juice Variety-1 cup Milk-1 cup	23 WG Cinnamon Roll- 1(2oz) Fruit & Juice Variety-1 cup Milk-1 cup	24 <u>YOGURT BAR</u> Yogurt Parfait-1/2 cup Granola- 1/8 cup Graham Crackers-2 pkgs Fruit & Juice Variety-1 cup Milk-1 cup
	27 <b>Memorial Day Holiday No School</b> 	28 WG Cereal-1 oz WW Toast w/Jelly-1 slice Fruit & Juice Variety-1 cup Milk-1 cup	29 WG Croissant- 1(2 oz) Scrambled Eggs & Cheese- 1/2 cup Fruit & Juice Variety-1 cup Milk-1 cup	30 Benefit Bar-1 (2oz) Fruit & Juice Variety-1 cup Milk-1 cup	31 <u>YOGURT BAR</u> Yogurt Parfait-1/2 cup Granola- 1/8 cup Graham Crackers-2 pkgs Fruit & Juice Variety-1 cup Milk-1 cup