



RSU #74 BREAKFAST MENU

MAY 2018



SCHOOL LUNCH HERO DAY IS
MAY 4
Don't forget to say THANK YOU
to your LUNCH LADIES !

	Mon	Tue	Wed	Thu	Fri
All Menus Subject To Change Without Notice	30 WG Cereal-1 oz WW Toast w/PB-1 slice Fruit & Juice Variety-1 cup Milk-1 cup	1 WW Pancakes-2 Warm Apple Topping-1/4 c Fruit & Juice Variety-1 cup Milk-1 cup	2 <u>NEW-TRY IT DAY...!</u> <i>Warm Breakfast Bread Pudding</i> Scrambled Eggs Fruit & Juice Variety-1 cup Milk-1 cup	3 Hot Oatmeal-3/4 c Blueberries—1/4 c WW Cinnamon Toast-1 slice Fruit & Juice Variety-1 cup Milk-1 cup	4 <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
All milk offered free with a meal is a No Fat or Low Fat Variety. Snack or cold lunch milk price is 30 cents.	7 WG Cereal-1 oz WW Toast w/PB-1 slice Fruit & Juice Variety-1 cup Milk-1 cup	8 WG Muffin-- 2 oz Hard Boiled Egg-1 Fruit & Juice Variety-1 cup Milk-1 cup	9 Scrambled Eggs & Cheese-2 oz Wrap-1 Fruit & Juice Variety-1 cup Milk-1 cup	10 Breakfast Cookie-1 Peanut butter-1 TBSP Fruit & Juice Variety-1 cup Milk-1 cup	11 <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
The USDA and this institution are equal opportunity employers & providers.	14 WG Cereal-1 oz WW Toast w/PB-1 slice Fruit & Juice Variety-1 cup Milk-1 cup	15 Warmed Bagel-2 oz Cream Cheese-1 TBSP Fruit & Juice Variety-1 cup Milk-1 cup	16 Waffle w/Syrup-1 Sausage Patty-1 Fruit & Juice Variety-1 cup Milk-1 cup	17 Benefit Bar-1 Fruit & Juice Variety-1 cup Milk-1 cup	18 <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
BREAKFAST PRICES <i>All Students—FREE</i> <i>Adults \$1.00</i> LUNCH PRICES <i>All Students—FREE</i> <i>Adults \$4.50</i>	21 WG Cereal-1 oz WW Toast w/PB-1 slice Fruit & Juice Variety-1 cup Milk-1 cup	22 WG Pop-tart-- 1 Hard Boiled Egg-1 Fruit & Juice Variety-1 cup Milk-1 cup	23 Breakfast Pizza-1 slice Fruit & Juice Variety-1 cup Milk-1 cup	24 Hot Oatmeal-3/4 c Blueberries—1/4 c WW Cinnamon Toast-1 slice Fruit & Juice Variety-1 cup Milk-1 cup	25 <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
	28 Memorial Day Holiday No School 	29 WG Cereal-1 oz WW Toast w/PB-1 slice Fruit & Juice Variety-1 cup Milk-1 cup	30 Spicy Egg Taco-1/3 c WG Wrap-1 Fruit & Juice Variety-1 cup Milk-1 cup	31 Pancake & Sausage on a Stick-1 Fruit & Juice Variety-1 cup Milk-1 cup	1 <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