

April/May 2019

				5010 414
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4/29 Choose One	4/30 Choose One	5/1 Choose One	5/2 Choose One	5/3 Choose One
French Toast Sticks	Turkey	Turkey Sausage, Egg,	Apple (36g) or	Grape-Filled Crescent
(57g)	Ham/Egg/Cheese	& Cheese Pancake	Cherry (37g) Frudel	Roll (35g)
Assorted Bagel (29-	Croissant (29g)	Sandwich (32g)	Assorted Bagel (29-	Assorted Bagel (29-
35g)/Cream Cheese	Assorted Bagel (29-	Apple Blueberry Chip	35g)/Cream Cheese	35g)/Cream Cheese
(2g)	35g)/Cream Cheese	Bar (48g)	(2g)	(2g)
	(2g)			
5/6 <u>Choose One</u>	5/7 Choose One	5/8 Choose One	5/9 Choose One	5/10 Choose One
Cinnabar (45g)	Egg & Cheese	Turkey Sausage &	Yogurt Parfait (63-	Assorted Pancakes
Assorted Bagel (29-	Croissant (28g)	Cheese on Biscuit	78g)	(36-40g)
35g)/Cream Cheese	Assorted Bagel (29-	(27g)	Assorted Bagel (29-	Assorted Bagel (29-
(2g)	35g)/Cream Cheese	Apple Blueberry Chip	35g)/Cream Cheese	35g)/Cream Cheese
(-6)	(2g)	Bar (48g)	(2g)	(2g)
	(-8)	541 (108)	(~8)	(-8)
5/13 <u>Choose One</u>	5/14 <u>Choose One</u>	5/15 Choose One	5/16 <u>Choose One</u>	5/17 <u>Choose One</u>
French Toast Sticks	Turkey	Turkey Sausage, Egg,	Apple (36g) or	Grape-Filled Crescent
(57g)	Ham/Egg/Cheese	& Cheese Pancake	Cherry (37g) Frudel	Roll (35g)
Assorted Bagel (29-	Croissant (29g)	Sandwich (32g)	Assorted Bagel (29-	Assorted Bagel (29-
35g)/Cream Cheese	Assorted Bagel (29-	Apple Blueberry Chip	35g)/Cream Cheese	35g)/Cream Cheese
(2g) or Peanut Butter	35g)/Cream Cheese	Bar (48g)	(2g)	(2g)
(6g)	(2g)			
	- /	- /	- /	
5/20 Choose One	5/21 Choose One	5/22 Choose One	5/23 <u>Choose One</u>	5/24 Choose One
Cinnabar (45g)	Egg & Cheese	Turkey Sausage &	Yogurt Parfait (63-	Assorted Pancakes
Assorted Bagel (29-	Croissant (28g)	Cheese on Biscuit	78g)	(36-40g)
35g)/Cream Cheese	Assorted Bagel (29-	(27g)	Assorted Bagel (29-	Assorted Bagel (29-
(2g)	35g)/Cream Cheese	Apple Blueberry Chip	35g)/Cream Cheese	35g)/Cream Cheese
	(2g)	Bar (48g)	(2g)	(2g)
NO PORK OR NUT		A variety of fresh fruits, choice of 1% low fat white milk (13g), skim		
PRODUCTS OFFERED.	This institution is an	chocolate milk (24g), orange juice (14g), and apple juice (14g), are		
	equal opportunity	offered daily with breakfast.		
NUTRIENT AND	provider.	,		
INGREDIENT CONTENT		CHOOSE ONE MAIN ENTRÉE OR CHOOSE TWO OF THE FOLLOWING		
AVAILABLE UPON	Menu is subject to	AT BREAKFAST:		
REQUEST.	change.	Assorted Cereals (20-27g) Cheese Stick (1g)		
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	Rev 3/29/2019	Cinnamon Roll (20g)		
	· ·	Graham Cracker (19g)		
	Hard Boiled Egg (1g)			
		Muffins (26-28g)		