

# Breakfast Menu

## St. Joseph Academy

# May 2017

Monday	Tuesday	Wednesday	Thursday	Friday	
1	2	3	4	5	<b>Hot Breakfast Schedule</b>
Whole Grain Cereal Whole Grain Grahams 100% Juice Fruit / Milk	Whole Grain Cereal Whole Grain Grahams 100% Juice Applesauce / Milk	Whole Grain Cereal Whole Grain Grahams 100% Juice Fruit / Milk	Whole Grain Cereal Whole Grain Grahams 100% Juice Raisins / Milk	Whole Grain Cereal Whole Grain Grahams 100% Juice Fruit / Milk	Wed. May 3-Friday May 5: 1 <sup>st</sup> and 2 <sup>nd</sup> breakfast in rooms. 3 <sup>rd</sup> -6 <sup>th</sup> in cafeteria.
8	9	10	11	12	<h2>Fun Fact:</h2> <p>Fiber and protein are the most important factors in a healthy breakfast.</p> <p>To get the most vitamins and minerals in the morning, eat breakfast with whole grains, lean meats, and fruits/veggies.</p> <p>A healthy breakfast will make you feel more energized throughout the day.</p>
Whole Grain Cereal Whole Grain Grahams 100% Juice Fruit / Milk	Whole Grain Cereal Whole Grain Grahams 100% Juice Applesauce / Milk	Whole Grain Cereal Whole Grain Grahams 100% Juice Fruit / Milk	Whole Grain Cereal Whole Grain Grahams 100% Juice Raisins / Milk	Whole Grain Cereal Whole Grain Grahams 100% Juice Fruit / Milk	
15	16	17	18	19	
Whole Grain Cereal Whole Grain Grahams 100% Juice Fruit / Milk	Whole Grain Cereal Whole Grain Grahams 100% Juice Applesauce / Milk	Whole Grain Cereal Whole Grain Grahams 100% Juice Fruit / Milk	Whole Grain Cereal Whole Grain Grahams 100% Juice Raisins / Milk	Whole Grain Cereal Whole Grain Grahams 100% Juice Fruit / Milk	
22	23	24	25	26	
Whole Grain Cereal Whole Grain Grahams 100% Juice Fruit / Milk	Whole Grain Cereal Whole Grain Grahams 100% Juice Applesauce / Milk	Whole Grain Cereal Whole Grain Grahams 100% Juice Fruit / Milk	Whole Grain Cereal Whole Grain Grahams 100% Juice Raisins / Milk	NO SCHOOL	
29	30	31			
No school MEMORIAL DAY	Whole Grain Cereal Whole Grain Grahams 100% Juice Applesauce / Milk	Whole Grain Cereal Whole Grain Grahams 100% Juice Fruit / Milk			

Must take 3 of 4 items.

Breakfast is served in classes daily. Breakfast is served from 8:00-8:25 only.

This institution is an equal opportunity provider.

Menus subject to change depending on availability of products.

Water available at all times.

WG=whole grain

\*May contain pork.

Skim white and 1% white milk served daily.