

# MAY 2022

## North Cedar Clarence Breakfast Menu

### BREAKFAST



**This institution is an equal opportunity provider.**



**Nutrition Tip:** Get started cooking more often at home: If you don't usually cook, start gradually. Make it a goal to cook once a week and work up to cooking more often.

Reference: USDA MyPlate



### MONDAY

Waffles, Sausage Links, Donut Muffin, Cereal, Pop Tart Cereal Bar, Sweet Bread Yogurt or Boiled Egg, 100% Juice Choices of Fruit, Milk of Choice **2**

Power Bites or Long John K, Syrup, Muffin, Cereal, Pop Tart Cereal Bar, Sweet Bread Yogurt or Boiled Egg, 100% Juice Choices of Fruit, Milk of Choice **9**

Breakfast Pizza Long John, Muffin, Cereal, Pop Tart Cereal Bar, Sweet Bread Yogurt or Boiled Egg, 100% Juice Choices of Fruit, Milk of Choice **16**

Breakfast Pizza Bagel or Long John, Muffin, Cereal, Pop Tart Cereal Bar, Sweet Bread Yogurt or Boiled Egg, 100% Juice Choices of Fruit, Milk of Choice **23**

**Memorial Day** **30**  
**No School**

### TUESDAY

Toast, Omelet, Bacon Muffin, Cereal, Pop Tart Cereal Bar, Sweet Bread Yogurt or Boiled Egg, 100% Juice Choices of Fruit, Milk of Choice **3**

Chocolate Chip French Toast Sausage Links, Syrup, K Muffin, Cereal, Pop Tart Cereal Bar, Sweet Bread Yogurt or Boiled Egg, 100% Juice Choices of Fruit, Milk of Choice **10**

French Toast Sticks Sausage Links, Syrup, Muffin Cereal, Pop Tart, Cereal Bar Sweet Bread, Yogurt or Boiled Egg, 100% Juice, Choices of Fruit, Milk **17**

Toast, Scrambled Eggs w/ Bacon and Cheese, Muffin Cereal, Pop Tart, Cereal Bar, Sweet Bread, Yogurt or Boiled Egg, 100% Juice. Choices of Fruit, Milk of Choice **24**

**31**  
No School

### WEDNESDAY

Biscuits and Sausage Gravy or Long John Muffin, Cereal, Pop Tart Cereal Bar, Sweet Bread Yogurt or Boiled Egg, 100% Juice Choices of Fruit, Milk of Choice **4**

Breakfast Sandwich or Donut Muffin, Cereal, Pop Tart Cereal Bar, Sweet Bread Yogurt or Boiled Egg, 100% Juice Choices of Fruit, Milk of Choice **11**

Breakfast Burrito Donut, Muffin, Cereal, Pop Tart Cereal Bar, Sweet Bread Yogurt or Boiled Egg, 100% Juice Choices of Fruit, Milk of Choice **18**

Breakfast Bites Mini Donuts, Muffin, Cereal, Pop Tart, Cereal Bar, Sweet Bread Yogurt or Boiled Egg, 100% Juice Choices of Fruit, Milk of Choice **25**



### THURSDAY

French Toast Sticks, Sausage Patty, Syrup Muffin, Cereal, Pop Tart Cereal Bar, Sweet Bread Yogurt or Boiled Egg, 100% Juice Choices of Fruit, Milk of Choice **5**

Toast, Omelet, Sausage Patty Muffin, Cereal, Pop Tart Cereal Bar, Sweet Bread Yogurt or Boiled Egg, 100% Juice Choices of Fruit, Milk of Choice **12**

Toast, Omelet, Sausage Muffin, Cereal, Pop Tart Cereal Bar, Sweet Bread Yogurt or Boiled Egg, 100% Juice Choices of Fruit, Milk of Choice **19**

Cook's Choice Muffin, Cereal, Pop Tart Cereal Bar, Sweet Bread Yogurt or Boiled Egg, 100% Juice Choices of Fruit, Milk of Choice **26**

### FRIDAY

Breakfast Pizza or Donut Muffin, Cereal, Pop Tart Cereal Bar, Sweet Bread Yogurt or Boiled Egg, 100% Juice Choices of Fruit, Milk of Choice **6**

Biscuits and Sausage Gravy or Cinnamon Roll Muffin, Cereal, Pop Tart Cereal Bar, Sweet Bread Yogurt or Boiled Egg, 100% Juice Choices of Fruit, Milk of Choice **13**

Biscuits & Gravy Long John, Muffin, Cereal, Pop Tart Cereal Bar, Sweet Bread Yogurt or Boiled Egg, 100% Juice Choices of Fruit, Milk of Choice **20**

Cook's Choice Muffin, Cereal, Pop Tart Cereal Bar, Sweet Bread Yogurt or Boiled Egg, 100% Juice Choices of Fruit, Milk of Choice **27**

