

# MAY 2022

## North Cedar Lowden 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

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

Biscuits & Gravy **2**  
Muffin, Cereal, Cereal Bar, Pop Tart  
Yogurt or Boiled Egg  
100% Juice, Choices of Fruit, Milk

Cinnamon French **3**  
Toast, Sausage Links, Syrup, Muffin, Cereal, Cereal Bar  
Pop Tart, Yogurt or Boiled Egg  
100% Juice, Choices of Fruit, Milk

Twist Donut **4**  
Muffin, Cereal, Cereal Bar, Pop Tart  
Yogurt or Boiled Egg  
100% Juice, Choices of Fruit, Milk

Toast, Omelet, Sausage **5**  
Muffin, Cereal, Cereal Bar, Pop Tart  
Yogurt or Boiled Egg  
100% Juice, Choices of Fruit, Milk

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

Breakfast Bites, Syrup, K **9**  
Muffin, Cereal  
Cereal Bar, Pop Tart  
Yogurt or Boiled Egg  
100% Juice, Choices of Fruit, Milk

Toast, Scrambled Eggs **10**  
Ham Patty, Muffin, Cereal  
Cereal Bar, Pop Tart  
Yogurt or Boiled Egg  
100% Juice, Choices of Fruit, Milk

Mini Sugared Donuts **11**  
Muffin, Cereal  
Cereal Bar, Pop Tart  
Yogurt or Boiled Egg  
100% Juice, Choices of Fruit, Milk

Eggo Waffles **12**  
Bacon, Syrup, Muffin, Cereal  
Cereal Bar, Pop Tart  
Yogurt or Boiled Egg  
100% Juice, Choices of Fruit, Milk

Long John **13**  
Muffin, Cereal  
Cereal Bar, Pop Tart  
Yogurt or Boiled Egg  
100% Juice, Choices of Fruit, Milk

Breakfast Pizza Bagel **16**  
Muffin, Cereal  
Cereal Bar, Pop Tart  
Yogurt or Boiled Egg  
100% Juice, Choices of Fruit, Milk

Cinnamon Roll **17**  
Muffin, Cereal  
Cereal Bar, Pop Tart  
Yogurt or Boiled Egg  
100% Juice, Choices of Fruit, Milk

French Toast Sticks **18**  
Sausage, Syrup, Muffin, Cereal  
Cereal Bar, Pop Tart  
Yogurt or Boiled Egg  
100% Juice, Choices of Fruit, Milk

Toast, Omelet, Ham Patty **19**  
Muffin, Cereal  
Cereal Bar, Pop Tart  
Yogurt or Boiled Egg  
100% Juice, Choices of Fruit, Milk

Donut **20**  
Muffin, Cereal  
Cereal Bar, Pop Tart  
Yogurt or Boiled Egg  
100% Juice, Choices of Fruit, Milk

Biscuits & Gravy **23**  
Muffin, Cereal  
Cereal Bar, Pop Tart  
Yogurt or Boiled Egg  
100% Juice, Choices of Fruit, Milk

Blueberry Waffles, Sausage **24**  
Syrup, Muffin, Cereal  
Cereal Bar, Pop Tart  
Yogurt or Boiled Egg  
100% Juice, Choices of Fruit, Milk

Mini Sugared Donuts **25**  
Muffin, Cereal  
Cereal Bar, Pop Tart  
Yogurt or Boiled Egg  
100% Juice, Choices of Fruit, Milk

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

Long John **27**  
Muffin, Cereal  
Cereal Bar, Pop Tart  
Yogurt or Boiled Egg  
100% Juice, Choices of Fruit, Milk

**Memorial Day** **30**

**No School**

**31**

No School

