



1
Benefit Bar
Assorted Cereal
Cheese Stick
Fresh Fruit or
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

2
Assorted General
Mills Cereal
Cheese Stick

Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

3
Mini waffles
Assorted Cereal
Cheese Stick
Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

6
Assorted General
Mills Cereal

Cheese Stick

Fresh Fruit or 100%
Juice, Choice of 1%
unflavored Milk or

7
Sausage and
Pancake on a Stick
Assorted Cereal
Cheese Stick
Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

8
Benefit Bar
Assorted Cereal
Cheese Stick
Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

9
Assorted General
Mills Cereal
Cheese Stick
Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

10
Apple Breakfast
Pastry
Assorted Cereal
Cheese Stick
Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

13
Assorted Cereals
Cheese Stick
Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

14
Assorted General
Mills Cereal
Cheese Stick
Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

15
Whole Grain Bagel
with Cream cheese
Assorted Cereal
Cheese Stick
Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

16
Hard Cooked Egg
Assorted Cereals
Cheese Stick or
Cracker
Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

17
Blueberry Muffin
Assorted Cereals
Cheese Stick
Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

20
Assorted General
Mills Cereal
Cheese Stick
Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

21
Hard Cooked Egg
Cracker
Assorted Cereal
Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

22
Yogurt w/ Animal
Crackers
Assorted Cereal
Cheese Stick
Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

23
Mini Pancakes
Assorted Cereal
Cheese Stick
Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

24
Assorted General
Mills Cereal
Cheese Stick
Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

27
No School

Memorial Day

28
Benefit Bar
Assorted Cereal
Cheese Stick
Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

29
Assorted General
Mills Cereal
Cheese Stick
Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

30
Whole Grain Bagel
with Cream Cheese
Assorted Cereal
Cheese Stick
Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

31
Apple Cinnamon
Muffin
Assorted Cereal
Cheese Stick
Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

CHALLENGE YOURSELF:
KEEP ACTIVE
+ WALK MORE
+ ALL DAY
= A STRONG & FIT YOU

**Start your day off right with a
Healthy, Balanced breakfast!**