

SMSD K-12 Breakfast

MAY 2019



Menu is subject to change.

Children who eat breakfast show an increased ability to learn, better academic performance and may have a decreased risk of being overweight.



Monday	Tuesday	Wednesday	Thursday	Friday
		1 Waffles & Syrup OR Cereal w 1 slice WG Toast	2 Bagel w Toppings OR Assorted Cereal w 1/2 Bagel	3 Eggs & Cheese OR Cereal w. 1 slice WG Toast
6 Mini Strawberry Bagel OR Cereal & 1 slice WG Toast (2G)	7 French Toast Sticks(2G) w/Syrup OR Cereal & 1/2 Bagel (2G)	8 Egg & Cheese Breakfast Sandwich(2G) OR Cereal w. 1 slice WG Toast(2G)	9 Assorted Muffins(2G) & Yogurt Cups OR Cereal & 1/2 Bagel(2G)	10 Bagel Bar OR Cereal w. 1/2 Bagel(2G)
13 Eggs & Cheese OR Cereal w. 1 slice WG Toast	14 Waffles & Sausage(2G) OR Cereal w. 1 slice WG Toast	15 Breakfast Sandwich(2G) OR Cereal w. 1/2 Bagel	16 WG Pancake Bites & Icing OR Cereal w. 1 slice WG Toast	17 Chocolate Filled Crescent OR Cereal & 1/2 Bagel
20 Eggs & Cheese OR Cereal w. 1 slice WG Toast	21 Waffles & Syrup OR Cereal w 1 slice WG Toast	22 Egg & Cheese Flatbread OR Cereal w 1/2 Bagel	23 Assorted Muffins & Yogurt Cups OR Cereal w. 1/2 Bagel(2G)	24 WG Brown Sugar Pop Tart OR Cereal & 1 slice WG Toast
27 NO SCHOOL MEMORIAL DAY	28 Pancakes OR Cereal w. 1/2 Bagel	29 Breakfast Sandwich OR Cereal w. 1/2 Bagel	30 Yogurt Parfait Cups Assorted Muffins OR Cereal w.1 slice WG Toast	31 Bagel Bar OR Cereal w. 1/2 Bagel(2G)

Breakfast Price \$1.25



2oz Grain required along with items below

Must Choose 3 Items

We offer Daily:

Fresh or prepared fruit

Chilled 100% Juice

And

Non or Low Fat White or Chocolate Milk