

MAY | 2022

MEHP Primary & K-5th Grade Breakfast



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

| | | | | |
|---|---|--|--|---|
| <p>2 Low Fat Yogurt Parfait with WGR Granola Fresh Berry Medley 100% Fruit Juice Choice of Milk</p> | <p>3 WGR Cereals WGR Muffin Fresh Pineapple 100% White Grape Juice Choice of Milk</p> | <p>4 WGR Waffles Fresh Banana 100% Apple Juice Choice of Milk</p> | <p>5 WGR Chicken Biscuit Fresh Apple Slices 100% Orange Juice Choice of Milk</p> | <p>6 WGR Toast Scrambled Eggs Fresh Orange Wedges 100% Orange Juice Choice of Milk</p> |
| <p>9 WGR English Muffin Egg Patty Low Fat Cheese Fresh Strawberries Fresh Blueberries Choice of Milk</p> | <p>10 WGR Bagel w/ Low Fat Cream Cheese Fresh Orange Wedges 100% Orange Juice Choice of Milk</p> | <p>11 WGR Waffles Applesauce Cup 100% Apple Juice Choice of Milk</p> | <p>12 WGR Pancakes Turkey Sausage Fresh Strawberries 100% Juice Choice of Milk</p> | <p>13 WGR Cereals WGR Muffin Chilled Mixed Fruit 100% White Grape Juice Choice of Milk</p> |
| <p>16 WGR Apple Filled Strudel Applesauce Cup 100% Juice Choice of Milk</p> | <p>17 WGR French Toast Chilled Mixed Fruit Yogurt Cup 100% Orange Juice Choice of Milk</p> | <p>18 WGR Cereals WGR Muffin Fresh Banana 100% White Grape Juice Choice of Milk</p> | <p>19 WGR Bagel w/ Low Fat Cream Cheese Fresh Strawberries Fresh Blueberries Choice of Milk</p> | <p>20 WGR Pancakes Turkey Sausage Chilled Peaches 100% Orange Juice Choice of Milk</p> |
| <p>23 Low Fat Yogurt Parfait with WGR Granola Fresh Berry Medley 100% Fruit Juice Choice of Milk</p> | <p>24 WGR Cereals WGR Muffin Fresh Pineapple 100% White Grape Juice Choice of Milk</p> | <p>25 Summer Break-No School</p> | <p>26 Summer Break-No School</p> | <p>27 Summer Break-No School</p> |
| <p>30 Summer Break-No School</p> | <p>31 Summer Break-No School</p> | <p>1 Summer Break-No School</p> | <p>2 Summer Break-No School</p> | <p>3 Summer Break-No School</p> |

News

Lunch Includes:

- **Choice of 1 Entrée (includes meat/ meat alternative & grain)**
- **Choice of up to 2 vegetables ***
- **Choice of up to 2 fruits ***
- **Choice of Low-Fat, Fat-Free, or Lactose-Free Milk**

*A lunch must include ½ cup of fruit or vegetable and 2 full other components

*Middle school students receive a maximum of 1 fruit with their lunch

Other Daily Lunch Entrée Options:

- >Soy Butter and Jam Sandwich with Mozzarella Cheese Stick and Whole Grain Sun Chips, Celery, & Ranch
- >Hummus, Whole Grain Chocolate Elf Grahams, Whole Grain Pretzels, Carrots, & Ranch

Due to national supply chain disruptions, we may have to make changes to our menus with little or no notice. Please know that we are doing our best to serve meals as planned. Thank you for understanding!