

MAY 2022

Forestville Middle/High School

BREAKFAST



Meals are free for all students during the 2021-2022 school year!

An Equal Opportunity Employer



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

Breakfast Bars
Juice
1% or skim Milk
Fruit

2

TUESDAY

Bagels
Juice
1% or skim Milk
Fruit

WEDNESDAY

Breakfast Sandwich
Juice
1% or Skim Milk
Fruit

THURSDAY

Cinco De Mayo
Poptarts/Cereal
Juice
1% or skim Milk
Fruit

5

FRIDAY

School Lunch Hero Day
French toast sticks
Juice
1% or skimMilk
Fruit

6

Smoothies and Grahams
Juice
1% or skim Milk
Fruit

Assorted Muffins
Juice
1% or skim Milk
Fruit

Frudels
Juice
1% or skim Milk
Fruit

11

Nutrigrain, Poptarts or
Toast Juice
1% or skim Milk
Fruit

12

Pancake wraps
Juice
1% or skim Milk
Fruit

13

Assorted Muffins
Juice
1% or skim Milk
Fruit

16

French toast sticks
Juice
1% or skim Milk
Fruit

17

Breakfast Bars
Juice
1% or skim Milk
Fruit

18

Breakfast Sandwich
Juice
1% or skim Milk
Fruit

19

Smoothies & Nutrigrain
Juice
1% or skim Milk
Fruit

20

Cereal, Cereal Bars, Toast
Juice
1% or skim Milk
Fruit

23

Assorted Muffins
Juice
1% or skim Milk
Fruit

24

Breakfast burritos
Juice
1% or skim Milk
Fruit

25

Frudels
Juice
1% or skim Milk
Fruit

26

French toast sticks
Juice
1% or skim Milk
Fruit

27

Memorial Day
No School

30

Cereal or Cereal Bars
Juice
1% or skim Milk
Fruit

31

