

# Breakfast K-12

May 2023

MON

TUE

WED

THU

FRI

1  
Cherry Cocoa Bar  
Fresh Pear & 100% Pineapple Juice

2  
Strawberry Yogurt  
Graham Crackers  
Fresh Apple & Diced Pineapple

3  
Honey Cheerios  
Graham Crackers  
Diced Peaches & 100% Grape Juice

4  
Plain Bagel  
Cream Cheese  
Applesauce & 100% Orange Juice

5  
Multi-Grain Cinnamon Flakes  
Graham Crackers  
Raisins & 100% Grape Juice

8  
Cinnamon Crisps Bar  
Raisins & 100% Grape Juice

9  
Strawberry Yogurt  
Graham Crackers  
Fresh Apple & Diced Pineapple

10  
Multi-Grain Cinnamon Flakes  
Graham Crackers  
Raisins & 100% Grape Juice

11  
Plain Bagel  
Cream Cheese  
Applesauce & 100% Orange Juice

12  
Blueberry Muffin  
Fresh Orange & 100% Pineapple Juice

15  
Multi-Grain Cheerios  
Graham Crackers  
Raisins & Applesauce

16  
Strawberry Yogurt  
Graham Crackers  
Fresh Apple & Diced Pineapple

17  
Cinnamon Raisin Bagel  
Butter  
Raisins & Applesauce

18  
Honey Cheerios  
Graham Crackers  
Fresh Apple & 100% Orange Juice

19  
Cherry Cocoa Bar  
Fresh Pear & 100% Pineapple Juice

22  
Multi-Grain Frosted Flakes  
Graham Crackers  
Diced Peaches & 100% Grape Juice

23  
Strawberry Yogurt  
Graham Crackers  
Fresh Apple & Diced Pineapple

24  
Banana Muffin  
Raisins & Applesauce

25  
Cinnamon Toast Crunch  
Graham Crackers  
Applesauce & 100% Orange Juice

26  
Cinnamon Crisps Bar  
Raisins & 100% Grape Juice

29  
NO  
SCHOOL

30  
Strawberry Yogurt  
Graham Crackers  
Fresh Apple & Diced Pineapple

31  
Honey Cheerios  
Graham Crackers  
Diced Peaches & 100% Grape Juice

## Did You Know?

- All grain products are whole grain rich
- There are no pork products on this menu
- Meats are lean and cheeses are low fat
- All products contain Zero Trans Fats, No Artificial Colors and Sweeteners, and No High Fructose Corn Syrup



**WHITSONS**<sup>®</sup>  
Prepared Meals

# Lunch K-8

May 2023

MON

TUE

WED

THU

FRI

1

Beef Salisbury w/ Gravy  
Roasted Potatoes  
Fresh Apple

2

Chicken & Vegetable Dumplings  
Oriental Vegetables  
Fresh Pear

3

Cold Cut Sandwich  
Side Salad  
Apple

4

Stuffed Bread Sticks  
Marinara Dipping Sauce & 100% Sun  
Splash Juice  
Fresh Banana

5

Cheese Pizza  
Garden Side Salad w/ Ranch  
Fresh Apple

8

Cheese Beef Burger w/ Ketchup  
Roasted Potatoes  
Fresh Apple

9

Fajita Chicken w/Brown Rice  
Black Beans & Tomatoes  
Fresh Pear

10

Beef Meatballs w/ Tomato Sauce &  
Parmesan Cheese  
Broccoli  
Fresh Apple

11

Cobb Salad  
Pita Bread  
Fresh Banana

12

French Bread Cheese Pizza  
Baby Carrots w/ Ranch Dressing  
Fresh Apple

15

BBQ Beef Meatballs  
Broccoli  
Fresh Apple

16

Turkey Hot Dog w/ Ketchup  
Baked Beans  
Fresh Pear

17

Chicken Tenders w/ Ketchup  
Roasted Potatoes  
Fresh Apple

18

Chicken Caesar Salad  
Pita Bread  
Fresh Banana

19

Cheese Pizza  
Baby Carrots w/ Ranch Dressing  
Fresh Apple

22

Chicken Nuggets w/ Ketchup  
Baked Beans  
Fresh Apple

23

Homemade Macaroni & Cheese  
Broccoli  
Fresh Pear

24

Beef Meatloaf w/ Gravy  
Mashed Potatoes  
Fresh Apple

25

French Toast Sticks w/ Scrambled  
Eggs, Syrup  
Roasted Sweet Potatoes  
Fresh Banana

26

French Bread Cheese Pizza  
Baby Carrots w/ Ranch Dressing  
Fresh Apple

29

NO SCHOOL

30

Chicken & Vegetable Dumplings  
Oriental Vegetables  
Fresh Pear

31

BBQ Chicken w/Brown Rice  
Baked Beans  
Fresh Apple

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