

MAY 2023

BONIFAY K8

BREAKFAST



**SERVED DAILY: MILK, FRUIT, AND
CONDIMENTS AS NEEDED.**



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

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Pop Tart
Cereal
Fruit
Milk
Juice

1

Donut Holes
Milk
Juice
Fruit

2

Jelly Biscuit
Pop Tart
Fruit
Milk
Juice

3

Breakfast Pizza
Pop Tart
Milk
Juice
Fruit

4

Cheese Grits
Fruit
Milk
Juice

5

Pop Tart
Cereal
Milk
Juice
Fruit

8

Donut Holes
Fruit
Milk
Juice

9

Cheese Grits
Milk
Juice
Fruit

10

French Toast
Fruit
Milk
Juice

11

Muffin
Cereal
Milk
Juice
Fruit

12

Pop Tart
Cereal
Fruit
Milk
Juice

15

Donut Holes
Milk
Juice
Fruit

16

Strawberry Bagel
Pop Tart
Fruit
Milk
Juice

17

Pancakes
Milk
Juice
Fruit

18

Super Donut
Pop Tart
Fruit
Milk
Juice

19

MANAGERS CHOICE

22

MANAGERS CHOICE

23

MANAGERS CHOICE

24

MANAGERS CHOICE

25

EARLY RELEASE DAY
LAST DAY OF SCHOOL
Cereal

26

Memorial Day
NO SCHOOL

29

NO SCHOOL

30

NO SCHOOL

31

