

# May 2018

## MERIT ACADEMY

### BREAKFAST



Breakfast comes with milk and 100% juice.

**This institution is an equal opportunity provider.**



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Tuesday

Wednesday

Thursday

Friday



1  
Pancakes with Syrup  
Cereal  
Yogurt

2  
Muffin Variety  
Cereal  
Yogurt

3  
French Toast Sticks  
Cereal

4  
Breakfast Pizza  
Cereal

7  
Pop Tart  
Toast & Jelly  
Cereal

8  
Hash brown  
Toast & Jelly  
Sausage Links  
Cereal

9  
Bagel Sandwich  
Cereal

10  
Parfait  
Cereal

11  
Waffles  
Yogurt  
Cereal

14  
Pop Tart  
Cereal  
Yogurt

15  
Pancake on a Stick  
Cereal

16  
Muffin Variety  
Yogurt  
Cereal

17  
Breakfast Pizza  
Cereal

18  
Pancakes w/syrup  
Cereal

21  
Pop Tart  
Toast & Jelly  
Cereal

22  
Cheesy Eggs  
Toast & Jelly  
Cereal

23  
Bagels with cream cheese  
Cereal

24  
*GRADUATION DAY*  
Leftovers

25  
*LAST DAY OF SCHOOL*  
Leftovers

28  
*HAVE*

29  
*A*

30  
*GREAT*

31  
*SUMMER!*

