

MAY 2024

EDINBORO & McKEAN ELEMENTARY

BREAKFAST



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



Breakfast Sandwich
Or Cereal Pears Milk
and Juice

1

Fruit Strudel Or
Cereal Fresh Fruit
Smoothies Milk

2

Breakfast Sandwich
or Cereal or Donuts
Pineapple Milk and
Juice

3

Muffins
Or Cereal
Orange Wedges
Milk and Juice

6

Bagel & Cream
Cheese Or Cereal
Mixed Fruit
Smoothies

7

Breakfast Sandwich
Or Cereal Fruit Cup
Milk and Juice

8

French Toast Sticks Or
Cereal Orange Slices
Smoothies Milk

9

Breakfast Sandwich
Or
Cereal or Donuts
Applesauce
Milk and Juice

10

Funnel Cake Or
Cereal Pears Milk
and Juice

13

Mini Waffles Or
Cereal Mandarin
Oranges Smoothies

14

Breakfast Sandwich
Or Cereal Pears Milk
and Juice

15

Fruit Strudel Or
Cereal Fresh Fruit
Smoothies Milk

16

Breakfast Sandwich
or Cereal or Donuts
Pineapple Milk and
Juice

17

Muffins
Or Cereal
Orange Wedges
Milk and Juice

20

Bagel & Cream
Cheese Or Cereal
Mixed Fruit
Smoothies

21

Breakfast Sandwich
Or Cereal Fruit Cup
Milk and Juice

22

French Toast Sticks Or
Cereal Orange Slices
Smoothies Milk

23

Breakfast Sandwich
Or
Cereal or Donuts
Applesauce
Milk and Juice

24

**Memorial
Day**

27

Mini Waffles Or
Cereal Mandarin
Oranges Smoothies

28

Breakfast Sandwich
Or Cereal Pears Milk
and Juice

29

Fruit Strudel Or
Cereal Fresh Fruit
Smoothies Milk

30

Breakfast Sandwich
or Cereal or Donuts
Pineapple Milk and
Juice

31