

MAY 2024

VINALHAVEN SCHOOL

BREAKFAST



School Information:

5/27: Happy Memorial Day – No school



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



WG Bagels 1

Yogurt parfait 2

Cereal 3

Cereal 6

WG waffles 7

Breakfast sandwich 8

Wg muffin 9

Cereal 10

Cereal 13

WG Donuts 14

Yogurt parfait 15

Frittata 16

Cereal 17

Cereal 20

WG Bagels 21

Blueberry sweet beard 22

Wg muffin 23

Cereal 24

Memorial Day 27

Cereal 28

Breakfast sandwich 29

Yogurt parfait 30

Cereal 31