

MAY 2023

Vinalhven

BREAKFAST

**School Information:**

Early Release @ Noon 5/26
No School 5/29



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

Cereal

1

Blueberry Bread

2

Breakfast Sandwiches

3

Yogurt Parfaits

4

Muffins

5

Cereal

8

Bagels

9

Breakfast Sandwiches

10

Yogurt Parfaits

11

Muffins

12

Cereal

15

Yogurt Parfaits

16

Breakfast Sandwiches

17

Bagels

18

Cereal

19

Cereal

22

French Toast Sticks

23

Breakfast Sandwiches

24

Yogurt Parfaits

25

Muffins

26

Memorial Day

29

Cereal

30

Breakfast Sandwiches

31

No School

