

MAY 2022

Vinalhaven

BREAKFAST



School Information:

Early Release @ 11:30 on 5/6
Early Release @ 11:30 on 5/27
No School on 5/30



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

2

Bagels

3

Yogurt Parfaits

4

Cinco De Mayo

5

School Lunch Hero Day

6

Muffins

Cereal

Cereal

9

Donuts

10

Breakfast Sandwiches

11

Bagels

12

Cereal

13

Cereal

16

Donuts

17

Cereal Bars

18

Muffins

19

Cereal

20

Cereal

23

Bagels

24

Yogurt Parfaits

25

Blueberry Sweet Bread

26

Cereal

27

Memorial Day

30

Cereal

31

No School

