

# May

18-19

## FRANKLIN ELEMENTARY BREAKFAST MENU



### What is a BREAKFAST Meal?

You must choose at least 3 of the 4 components available for the school breakfast price.

Choice of: Grain or grain/protein

Choice of fruit or vegetable

(must take at least a 1/2 cup)

and

Choice of Milk

Choice of Milk - fat-free white, chocolate, vanilla and strawberry

You must take at least 1/2 cup of fruit or vegetable

### Fruit May Include:

Canned peaches, applesauce, pears, pineapple, fruit cocktail, mandarin oranges, 100% juice (apple, orange, grape), fresh fruit selection including apples, bananas and oranges

### Whole Grain Cereal Selection

#### May Include:

Cinnamon Toast Crunch, Trix, Cocoa Puffs, Fruity Cheerios, Honey Nut Cheerios, Fruit Loops, Frosted Flakes, Chex

Served with Mini Loaf



### Breakfast Prices:

Student \$1.25

Reduced \$3.00

Adult \$2.00

District menus are also posted on the FASD website, homepage/parent resources.

FASD Food Service Director/GM

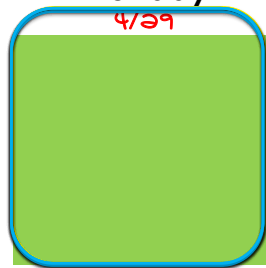
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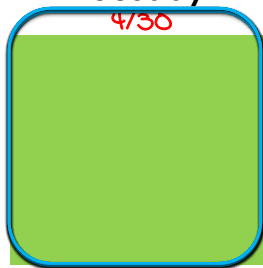
### Monday

4/29



### Tuesday

4/30



### Wednesday

5/1

Mini Pancakes  
or  
Assorted Cereals with Mini Loaf  
Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit  
Choice of Milk

### Thursday

5/2

Warm Muffin with Trix Yogurt or Assorted Cereals with Mini Loaf  
Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit  
Choice of Milk

### Friday

5/3



5/6  
Flapstick with Syrup or Assorted Cereals with Mini Loaf  
Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit  
Choice of Milk

5/7  
Breakfast Pizza or Assorted Cereals with Mini Loaf  
Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit  
Choice of Milk

5/8  
Fresh Fruit and Flavored Yogurt Parfait or Assorted Cereals with Mini Loaf  
Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit  
Choice of Milk

5/9  
Mini Donuts or Assorted Cereals with Mini Loaf  
Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit  
Choice of Milk

5/10  
Ham, Egg, and Cheese Bagel or Assorted Cereals with Mini Loaf  
Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit  
Choice of Milk

5/13  
Dutch Waffles or Assorted Cereals with Mini Loaf  
Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit  
Choice of Milk

5/14  
Oatmeal with Assorted Toppings or Assorted Cereals with Mini Loaf  
Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit  
Choice of Milk

5/15  
Mini Pancakes or Assorted Cereals with Mini Loaf  
Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit  
Choice of Milk

5/16  
Warm Muffin with Trix Yogurt or Assorted Cereals with Mini Loaf  
Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit  
Choice of Milk

5/17  
Sausage Egg and Cheese Croissant or Assorted Cereals with Mini Loaf  
Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit  
Choice of Milk

5/20  
Flapstick with Syrup or Assorted Cereals with Mini Loaf  
Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit  
Choice of Milk

5/21  
Breakfast Pizza or Assorted Cereals with Mini Loaf  
Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit  
Choice of Milk

5/22  
Fresh Fruit and Flavored Yogurt Parfait or Assorted Cereals with Mini Loaf  
Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit  
Choice of Milk

5/23  
Mini Donuts or Assorted Cereals with Mini Loaf  
Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit  
Choice of Milk

5/24  
Ham, Egg, and Cheese Bagel or Assorted Cereals with Mini Loaf  
Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit  
Choice of Milk

5/27  
 MEMORIAL DAY  
Oatmeal with Assorted Toppings or Assorted Cereals with Mini Loaf  
Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit  
Choice of Milk

5/28  
Oatmeal with Assorted Toppings or Assorted Cereals with Mini Loaf  
Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit  
Choice of Milk

5/29  
Mini Pancakes or Assorted Cereals with Mini Loaf  
Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit  
Choice of Milk

5/30  
Warm Muffin with Trix Yogurt or Assorted Cereals with Mini Loaf  
Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit  
Choice of Milk

5/31  
Sausage Egg and Cheese Croissant or Assorted Cereals with Mini Loaf  
Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit  
Choice of Milk