

May 2017 District Breakfast

Regional School Unit No. 18

“Fueling Learner Excellence through Good Food and Good Nutrition”



★ **Monday**
START

★ **Tuesday**
YOUR

★ **Wednesday**
DAY

★ **Thursday**
WITH

★ **Friday**
SCHOOL BREAKFAST

1 Tutti Fruit Muffin, Tasty Toast, or Cereal Variety Fresh Fruit & 100% Juice Low Fat Milk Variety	2 Delightful Doughnut Stick, Cereal Variety, or Tasty Toast Fresh Fruit & 100% Juice Low Fat Milk Variety	3 French Toast, Cereal Variety, Crunchy Warm Toast Fresh Fruit & 100% Juice Variety Low Fat Milk Variety	4 Outstanding Cheesy Omelet, Tasty Toast, Cereal Variety Fresh Fruit and 100% Juice Low Fat Milk Variety	5 Breakfast Pizza, Tasty Toast, Cereal Variety Fresh Fruit & 100% Juice Low Fat Milk Variety
8 Breakfast Bagel, Tasty Toast, or Cereal Variety Fresh Fruit & 100% Juice Low Fat Milk Variety	9 Fantastic French Toast Stix, Cereal Variety, or Tasty Toast Fresh Fruit & 100% Juice Low Fat Milk Variety	10 Pancakes, Savory Sausage, Tasty Toast, or Cereal Variety Fresh Fruit & 100% Juice Low Fat Milk Variety	11 Cheesy Scrambled Eggs, Tasty Toast, or Cereal Variety Fresh Fruit & 100% Juice Low Fat Milk Variety	12 Parfait (Granola and Low Fat Yogurt, or Cereal Variety Fresh Fruit Variety 100% Juice Variety Low Fat Milk Variety
15 Tutti Fruit Muffin, Tasty Toast, or Cereal Variety Fresh Fruit & 100% Juice Low Fat Milk Variety	16 Delightful Doughnut Stick, Cereal Variety, or Tasty Toast Fresh Fruit & 100% Juice Low Fat Milk Variety	17 French Toast, Cereal Variety, Crunchy Warm Toast Fresh Fruit & 100% Juice Variety Low Fat Milk Variety	18 Outstanding Cheesy Omelet, Tasty Toast, Cereal Variety Fresh Fruit and 100% Juice Low Fat Milk Variety	19 Pancakes, Tasty Toast, Cereal Variety Fresh Fruit & 100% Juice Low Fat Milk Variety
22 Breakfast Bagel, Tasty Toast, or Cereal Variety Fresh Fruit & 100% Juice Low Fat Milk Variety	23 Fantastic French Toast Stix, Cereal Variety, or Tasty Toast Fresh Fruit & 100% Juice Low Fat Milk Variety	24 Pancakes, Savory Sausage, Tasty Toast, or Cereal Variety Fresh Fruit & 100% Juice Low Fat Milk Variety	25 Cheesy Scrambled Eggs, Tasty Toast, or Cereal Variety Fresh Fruit & 100% Juice Low Fat Milk Variety	26 Parfait (Granola and Low Fat Yogurt, or Cereal Variety Fresh Fruit Variety 100% Juice Variety Low Fat Milk Variety
29 NO SCHOOL-MEMORIAL DAY	30 Delightful Doughnut Stick, Cereal Variety, or Tasty Toast Fresh Fruit & 100% Juice Low Fat Milk Variety	31 French Toast, Cereal Variety, Crunchy Warm Toast Fresh Fruit & 100% Juice Variety Low Fat Milk Variety		