

May Elementary & Middle School Breakfast Menu

This printable version of the menu will replace the printed menus provided by the schools

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">1</p> <p>Oatmeal Benefit Bar (WSEM) OR Frosted Flakes (WS), Chocolate Mini Wheats (WS), Fruity Cheerios (W), Golden Grahams (W), Rice Krispies, Graham Crackers (WS)</p> <p>Mandarin Orange Fruit Cup</p> <p>100% Apple Juice, 1% Low Fat Milk (M) or Fat Free Chocolate Milk (M)</p>	<p style="text-align: right;">2</p> <p>Maple Blast Pancakes (WSEM) OR Frosted Flakes (WS), Chocolate Mini Wheats (WS), Fruity Cheerios (W), Golden Grahams (W), Rice Krispies, Graham Crackers (WS)</p> <p>Pear Fruit Cup</p> <p>100% Orange Juice, 1% Low Fat Milk (M) or Fat Free Chocolate Milk (M)</p>	<p style="text-align: right;">3</p> <p>Honey Wheat biscuit (WSM) w/ Cream Cheese (M) OR Frosted Flakes (WS), Chocolate Mini Wheats (WS), Fruity Cheerios (W), Golden Grahams (W), Rice Krispies, Graham Crackers (WS)</p> <p>Applesauce</p> <p>100% Apple Juice, 1% Low Fat Milk (M) or Fat Free Chocolate Milk (M)</p>	<p style="text-align: right;">4</p> <p>Sausage & Gravy Biscuit (WSEMP) OR Frosted Flakes (WS), Chocolate Mini Wheats (WS), Fruity Cheerios (W), Golden Grahams (W), Rice Krispies, Graham Crackers (WS)</p> <p>Red Grapes</p> <p>100% Orange Juice, 1% Low Fat Milk (M) or Fat Free Chocolate Milk (M)</p>	<p style="text-align: right;">5</p> <p>Breakfast Treat (WSEM) OR Frosted Flakes (WS), Chocolate Mini Wheats (WS), Fruity Cheerios (W), Golden Grahams (W), Rice Krispies, Graham Crackers (WS)</p> <p>Peaches Fruit Cup</p> <p>100% Apple Juice, 1% Low Fat Milk (M) or Fat Free Chocolate Milk (M)</p>
<p style="text-align: right;">8</p> <p>French Toast Benefit Bar (WSEM) OR Frosted Flakes (WS), Chocolate Mini Wheats (WS), Fruity Cheerios (W), Golden Grahams (W), Rice Krispies, Graham Crackers (WS)</p> <p>Applesauce</p> <p>100% Orange Juice, 1% Low Fat Milk (M) or Fat Free Chocolate Milk (M)</p>	<p style="text-align: right;">9</p> <p>Cherry Danish (WSM) OR Frosted Flakes(WS), Chocolate Mini Wheats (WS), Fruity Cheerios (W), Golden Grahams (W), Rice Krispies, Graham Crackers (WS)</p> <p>Mandarin Orange Fruit Cup</p> <p>100% Apple Juice, 1% Low Fat Milk (M) or Fat Free Chocolate Milk (M)</p>	<p style="text-align: right;">10</p> <p>Ham & Cheese B'fast Sandwich (WSEM) OR Frosted Flakes (WS), Chocolate Mini Wheats (WS), Fruity Cheerios (W), Golden Grahams (W), Rice Krispies, Graham Crackers (WS)</p> <p>Applesauce</p> <p>100% Orange Juice, 1% Low Fat Milk (M) or Fat Free Chocolate Milk (M)</p>	<p style="text-align: right;">11</p> <p>Berry Blast French Toast (WSEM) OR Frosted Flakes (WS), Chocolate Mini Wheats (WS), Fruity Cheerios (W), Golden Grahams (W), Rice Krispies, Graham Crackers (WS)</p> <p>Red Grapes</p> <p>100% Apple Juice, 1% Low Fat Milk (M) or Fat Free Chocolate Milk (M)</p>	<p style="text-align: right;">12</p> <p>Breakfast Treat (WSEM) OR Frosted Flakes (WS), Chocolate Mini Wheats (WS), Fruity Cheerios (W), Golden Grahams (W), Rice Krispies, Graham Crackers (WS)</p> <p>Pears Fruit Cup</p> <p>100% Orange Juice, 1% Low Fat Milk (M) or Fat Free Chocolate Milk (M)</p>
<p style="text-align: right;">15</p> <p>Banana Benefit Bar(WSEM) OR Frosted Flakes (WS), Mini Wheats (WS), Fruity Cheerios (W), Golden Grahams (W), Rice Krispies, Graham Crackers (WS)</p> <p>Frozen Strawberry Cup, 100% Apple Juice 1% Milk(M) or Fat Free Chocolate Milk(M)</p>	<p style="text-align: right;">16</p> <p>Rise'n Shine Turkey Sausage and Egg Breakfast Pizza(WSEM) OR Frosted Flakes (WS), Mini Wheats (WS), Fruity Cheerios (W), Golden Grahams (W), Rice Krispies, Graham Crackers (WS)</p> <p>Dole Peaches Cup, 100% Orange Juice 1% Milk(M) or Fat Free Chocolate Milk(M)</p>	<p style="text-align: right;">17</p> <p>Fluffy Golden Pancakes with Maple Syrup(WSEM) OR Frosted Flakes (WS), Mini Wheats (WS), Fruity Cheerios (W), Golden Grahams (W), Rice Krispies, Graham Crackers (WS)</p> <p>Applesauce, 100% Apple Juice 1% Milk(M) or Fat Free Chocolate Milk(M)</p>	<p style="text-align: right;">18</p> <p>Egg and Potato Breakfast Burrito(WSEM) OR Frosted Flakes (WS), Mini Wheats (WS), Fruity Cheerios (W), Golden Grahams (W), Rice Krispies, Graham Crackers (WS)</p> <p>Red Grapes, 100% Orange Juice 1% Low Fat Milk(M) or Fat Free Chocolate Milk(M)</p>	<p style="text-align: right;">19</p> <p>Breakfast Treat(WSEM) OR Frosted Flakes (WS), Mini Wheats (WS), Fruity Cheerios (W), Golden Grahams (W), Rice Krispies, Graham Crackers (WS)</p> <p>Dole Peaches Fruit Cup, 100% Apple Juice 1 % Milk(M) or Fat Free Chocolate Milk(M)</p>

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Monday	Tuesday	Wednesday	Thursday	Friday
22	23	24		
French Toast Benefit Bar (WSEM) OR Frosted Flakes (WS), Chocolate Mini Wheats (WS), Fruity Cheerios (W), Golden Grahams (W), Rice Krispies, Graham Crackers (WS) Applesauce 100% Orange Juice, 1% Low Fat Milk (M) or Fat Free Chocolate Milk (M)	Blueberry Mini Waffles (WSEM) OR Frosted Flakes (WS), Chocolate Mini Wheats (WS), Fruity Cheerios (W), Golden Grahams (W), Rice Krispies, Graham Crackers (WS) Mandarin Orange Fruit Cup 100% Apple Juice, 1% Low Fat Milk (M) or Fat Free Chocolate Milk (M)	<i>Last Day of Classes</i> Banana Muffin (WSEM) OR Frosted Flakes (WS), Chocolate Mini Wheats (WS), Fruity Cheerios (W), Golden Grahams (W), Rice Krispies, Graham Crackers (WS) Applesauce 100% Orange Juice, 1% Low Fat Milk (M) or Fat Free Chocolate Milk (M)B		

Key to ingredients

The item may contain: eggs (E), fish (F), milk (M), pork (P), soy (S), wheat (W). Student Nutrition does not serve or use any products that contain peanuts, tree nuts, or shellfish.

ASD is an equal opportunity employer.

Breakfast is available at these schools:

Elementary: Alaska Native Cultural Charter, Aurora, Bowman, Campbell, Chester Valley, Chugiak, Creekside Park, Denali Montessori, Eagle River, Gladys Wood, Kasuun, Lake Hood, Mount Iliamna, North Star, Northern Lights ABC, Orion, Rogers Park, Sand Lake, Scenic Park, Susitna, Trailside, Turnagain, Ursa Major, Ursa Minor, Whaley, Wonder Park. **Middle:** Gruening, Hanshew, Mears, Mirror Lake, Romig.

Breakfast Variations:

Breakfast in the Classroom schools do not get the second choice each day: Abbot Loop, Airport Heights, Baxter, Chinook, Fairview, Government Hill, Klatt, Lake Otis, Muldoon, Mountain View, Northwood, Nunaka Valley, Ptarmigan, Russian Jack, Spring Hill, Susitna, Taku, Tyson, Williwaw, Willow Crest and Wendler Middle School. **Breakfast Grab and Go:** Begich, Central, Clark, College Gate, Girdwood, Tudor