



Davidson County Schools Pre-K Breakfast Menus for May 2026

Monday	Tuesday	Wednesday	Thursday	Friday
				May 1 Pancake Sausage on a Stick Fresh Fruit Variety 100% Fruit Juice Variety 1% Unflavored Milk
May 4 Maple Snack Waffle Strawberry Cup 100% Fruit Juice Variety 1% Unflavored Milk	May 5 Chicken Biscuit Fresh Fruit Variety 100% Fruit Juice Variety 1% Unflavored Milk	May 6 Assorted Muffin Fresh Fruit Variety 100% Fruit Juice Variety 1% Unflavored Milk	May 7 Confetti Pancakes Raisins 100% Fruit Juice Variety 1% Unflavored Milk	May 8 Pancake Sausage on a Stick Fresh Fruit Variety 100% Fruit Juice Variety 1% Unflavored Milk
May 11 Chocolate Chip French Toast Strawberry Cup 100% Fruit Juice Variety 1% Unflavored Milk	May 12 Chicken Biscuit Fresh Fruit Variety 100% Fruit Juice Variety 1% Unflavored Milk	May 13 Turkey Ham & Cheese Croissant Applesauce Cup 100% Fruit Juice Variety 1% Unflavored Milk	May 14 Cream Cheese Bagel Fresh Fruit Variety 100% Fruit Juice Variety 1% Unflavored Milk	May 15 Breakfast Pizza Raisins 100% Fruit Juice Variety 1% Unflavored Milk
May 18 Maple Snack Waffle Strawberry Cup 100% Fruit Juice Variety 1% Unflavored Milk	May 19 Chicken Biscuit Strawberry Cup 100% Fruit Juice Variety 1% Unflavored Milk	May 20 Assorted Muffin Strawberry Cup 100% Fruit Juice Variety 1% Unflavored Milk	May 21 Confetti Pancakes Raisins 100% Fruit Juice Variety 1% Unflavored Milk	May 22 Pancake Sausage on a Stick Strawberry Cup 100% Fruit Juice Variety 1% Unflavored Milk
May 25 Holiday	May 26 Chicken Biscuit Raisins 100% Fruit Juice Variety 1% Unflavored Milk	May 27 Assorted Muffin Applesauce Cup 100% Fruit Juice Variety 1% Unflavored Milk	May 28 Managers Choice Entree Strawberry Cup 100% Fruit Juice Variety 1% Unflavored Milk	May 29 Managers Choice Entree Raisins 100% Fruit Juice Variety 1% Unflavored Milk

Families Making the Connection

Be Active Every Day for Fitness Benefits!

Did you know May is National Physical Fitness and Sports Month? Sports and fitness activities help you:

- Develop stronger muscles, bones, and joints
- Improve coordination, balance, and flexibility
- Enhance attention, memory, and problem-solving
- Boost academic performance
- Work on cooperation, communication, and leadership
- Reduce stress and anxiety and build self-esteem
- Sleep better

- Make friends
- Build healthy habits for a lifetime

What can you do?

- Turn on some music, dance, and sing.
- Take a walk or go for a run or bike ride.
- Play basketball, soccer, tennis, pickleball, or another sport.
- Get outside. Explore nature at a local park or trail.

Please note: Allergens may be present in our facilities.

*Manage and monitor your student's account at :<https://lincconnect.com/main>

*Menu subject to change due to availability.

- Play an active game with friends or family.
- Plant or work in a garden.
- Try a new activity. Spend time with others.

Celebrate Physical Fitness and Sports Month and be active every day. Kids should aim for 60 minutes and adults should aim for 30 minutes of daily physical activity. Learn more and find resources at <https://odphp.health.gov/our-work/nutrition-physical-activity/physical-activity-guidelines>.