

# MAY 2024

## Holy Family School

### BREAKFAST



This Institution is an equal opportunity employer and provider



**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



French Toast Sticks  
Applesauce  
Skim Milk  
O.J. **1**

Bagels  
Lite cream cheese  
Pineapple  
Skim Milk  
O.J. **2**

No School **3**

Blueberry Muffins  
Go-gurt  
Oranges  
Skim Milk  
Apple Juice **6**

Pancakes  
Lite Syrup Cups  
Strawberries  
Skim Milk  
O.J. **7**

Breakfast Pizza  
Mixed Fruit  
Skim Milk  
O.J. **8**

Breakfast Burritos  
Salsa  
Applesauce  
Skim Milk  
O.J. **9**

Egg Omelet  
Wheat Toast  
Pears  
Skim Milk  
O.J. **10**

Chocolate Muffins  
Trix yogurt  
Apples  
Skim Milk  
O.J. **13**

Mini Cinnis'  
Tropical Fruit  
Skim Milk  
O.J. **14**

French Toast Sticks  
Lite syrup cups  
Strawberries  
Skim Milk  
O.J. **15**

Breakfast Pizza  
Watermelon  
Skim Milk  
O.J. **16**

Chocolate Donuts  
Bananas  
Skim Milk  
O.J. **17**

Cereal  
Granola Bars  
Applesauce  
Skim Milk  
O.J. **20**

Apple Frudals  
Pineapple  
Skim Milk  
O.J. **21**

Breakfast Corndogs  
Lite Syrup Cups  
Oranges  
Skim Milk  
Apple Juice **22**

Cinnamon Roll  
Mixed Fruit  
Skim Milk  
O.J. **23**

Blueberry Waffles  
Lite Syrup Cups  
Bananas  
Skim Milk  
O.J. **24**

**Memorial Day**  
**No School** **27**

Muffins  
Cereal  
Applesauce  
Skim Milk  
O.J. **28**

Mini Cinnis  
Strawberries  
Skim Milk  
O.J. **29**

Pancakes  
Lite Syrup Cups  
Bananas  
Skim Milk  
O.J. **30**

Pop tarts  
Yogurt  
Apples  
Skim Milk  
O.J. **31**