

# May 2018

## Bemidji Area Schools - Elementary

### BREAKFAST



**School Information: FREE K – 5**  
This institution is an equal opportunity provider.



**Nutrition Tip:** Getting enough sleep is just as important as eating a healthy balanced diet and exercising.



### Monday



### Tuesday

### Wednesday

### Thursday

### Friday

EGG & CHEESE WRAP  
SALSA  
FRUIT CHOICE  
MILK

7

WHOLE GRAIN CEREAL  
YOGURT  
FRUIT CHOICE  
MILK

8

WG MINI PANCAKES  
FRUIT CHOICE  
MILK

9

WG BELGIAN WAFFLE STIX  
SYRUP  
FRUIT CHOICE  
MILK

10

COOK'S CHOICE MENU

11

PANCAKES  
SYRUP  
FRUIT CHOICE  
MILK

14

WG CINNAMON ROLL  
CHEESE STICK  
FRUIT CHOICE  
MILK

15

WHOLE GRAIN CEREAL  
HARD COOKED EGG  
FRUIT CHOICE  
MILK

16

WG FRENCH TOAST STIX  
FRUIT CHOICE  
MILK

17

COOK'S CHOICE MENU

18

WG BLUEBERRY MUFFIN  
CHEESE STICK  
FRUIT CHOICE  
MILK

21

WG BISCUIT  
EGG PATTY  
AMERICAN CHEESE SLICE  
FRUIT CHOICE  
MILK

22

WG BREAKFAST PIZZA  
FRUIT CHOICE  
MILK

23

WHOLE GRAIN CEREAL  
CREAMY YOGURT  
FRUIT CHOICE  
MILK

24

COOK'S CHOICE MENU

25

NO SCHOOL TODAY

28

CHERRY FRUDEL  
FRUIT CHOICE  
MILK

29

WHOLE GRAIN CEREAL  
WG CEREAL BAR  
FRUIT CHOICE  
MILK

30

COOK'S CHOICE MENU

31

