

MAY 2022

Roland-Story High School

BREAKFAST



This institution is an equal opportunity 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

Ham Breakfast Bar
Graham Crackers
Apple/Banana/Orange
Milk

2

French Toast Sticks
Sausage Links
Apple/Banana/Orange
Milk

3

Mini Blueberry Waffles
Apple/Banana/Orange
Milk

4

Sausage Pancake Stick
Apple/Banana/Orange
Milk

5

Cereal
Granola Bar
Apple/Banana/Orange
Milk

6

Ham Breakfast Bar
Graham Crackers
Apple/Banana/Orange
Milk

9

Sausage, Egg, & Cheese
Biscuit
Apple/Banana/Orange
Milk

10

Mini Maple Waffles
Apple/Banana/Orange
Milk

11

Sausage Pancake Stick
Apple/Banana/Orange
Milk

12

Cereal
Granola Bar
Apple/Banana/Orange
Milk

13

Ham Breakfast Bar
Graham Crackers
Apple/Banana/Orange
Milk

16

Cheese Omelet
Pop tart
Apple/Banana/Orange
Milk

17

Mini Cinnamon Waffles
Apple/Banana/Orange
Milk

18

Sausage Pancake Stick
Apple/Banana/Orange
Milk

19

Cereal
Granola Bar
Apple/Banana/Orange
Milk

20

Ham Breakfast Bar
Graham Crackers
Apple/Banana/Orange
Milk

23

Soft Cinnamon Toast
Crunch Bar
Apple/Banana/Orange
Milk

24

Bacon, Egg, & Cheese
Biscuit
Apple/Banana/Orange
Milk

25

Cereal
Granola Bar
Apple/Banana/Orange
Milk

26

Cereal
Granola Bar
Apple/Banana/Orange
Milk

27

**Memorial Day
NO SCHOOL**

30

Cereal
Granola Bar
Apple/Banana/Orange
Milk

31

Milk offered daily:
White, Chocolate, and
Strawberry Skim Milk
White 1% Milk

