

# IAE Breakfast Menu



May 2018

# BREAKFAST

## MAY MENU



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>30<sup>th</sup>-4<sup>th</sup></b>	French Toast Sticks ✓ Fruit Parfait ✓ Cereal/Cereal Bars ✓ Muffins/Pop-tarts ✓	Ham, Egg, & Cheese on an English Muffin Fruit Smoothie ✓ Cereal/Cereal Bars ✓ Muffins/Pop-tarts ✓	Breakfast Pizza Apple Bosco Stick ✓ Cereal/Cereal Bars ✓ Muffins/Pop-tarts ✓	Cinnamon Sugar Donut ✓ Sausage Breakfast Biscuit ✓ Cereal/Cereal Bars ✓ Muffins/Pop-tarts ✓	Mini Pancake Wraps Egg & Cheese Breakfast Bagel ✓ Cereal/Cereal Bars ✓ Muffins/Pop-tarts ✓
<b>7<sup>th</sup>-11<sup>th</sup></b>	Ham, Egg, & Cheese on an English Muffin Fruit Parfait ✓ Cereal/Cereal Bars ✓ Muffins/Pop-tarts ✓	Breakfast Casserole Sausage English Muffin Cereal/Cereal Bars ✓ Muffins/Pop-tarts ✓	Breakfast Pizza Egg & Cheese Biscuit ✓ Cereal/Cereal Bars ✓ Muffins/Pop-tarts ✓	Colby Cheese Omelet with Biscuit ✓ Fruit Smoothie ✓ Cereal/Cereal Bars ✓ Muffins/Pop-tarts ✓	Bacon & Egg English Muffin Fruit Parfait ✓ Cereal/Cereal Bars ✓ Muffins/Pop-tarts ✓
<b>14<sup>th</sup>-18<sup>th</sup></b>	Sausage, Egg, & Cheese Bagel Fruit Parfait ✓ Cereal/Cereal Bars ✓ Muffins/Pop-tarts ✓	Breakfast Pizza Ham & Cheese on a Biscuit Cereal/Cereal Bars ✓ Muffins/Pop-tarts ✓	Apple Frudel ✓ Bacon, Egg, & Cheese Bagel Cereal/Cereal Bars ✓ Muffins/Pop-tarts ✓	Mini Cinnamon Rolls ✓ Fruit Smoothie ✓ Cereal/Cereal Bars ✓ Muffins/Pop-tarts ✓	Breakfast Burrito Egg & Cheese English Muffin ✓ Cereal/Cereal Bars ✓ Muffins/Pop-tarts ✓
<b>21<sup>st</sup>-25<sup>th</sup></b>	French Toast Sticks ✓ Fruit Parfait ✓ Cereal/Cereal Bars ✓ Muffins/Pop-tarts ✓	Ham, Egg, & Cheese on an English Muffin Fruit Smoothie ✓ Cereal/Cereal Bars ✓ Muffins/Pop-tarts ✓	Breakfast Pizza Apple Bosco Stick ✓ Cereal/Cereal Bars ✓ Muffins/Pop-tarts ✓	Cinnamon Sugar Donut ✓ Sausage Breakfast Biscuit ✓ Cereal/Cereal Bars ✓ Muffins/Pop-tarts ✓	Mini Pancake Wraps Egg & Cheese Breakfast Bagel ✓ Cereal/Cereal Bars ✓ Muffins/Pop-tarts ✓
<b>28<sup>th</sup>-1<sup>st</sup></b>	5/28 Memorial Day – No School	Breakfast Casserole Sausage English Muffin Cereal/Cereal Bars ✓ Muffins/Pop-tarts ✓	Breakfast Pizza Egg & Cheese Biscuit ✓ Cereal/Cereal Bars ✓ Muffins/Pop-tarts ✓	Colby Cheese Omelet with Biscuit ✓ Fruit Smoothie ✓ Cereal/Cereal Bars ✓ Muffins/Pop-tarts ✓	Bacon & Egg English Muffin Fruit Parfait ✓ Cereal/Cereal Bars ✓ Muffins/Pop-tarts ✓

Each meal meets USDA meal requirements for grades 9-12 with a minimum of 1 oz eq grain, 1 cup fruit, and 8 fluid ounces milk. Milk options include 1% and nonfat white milk. Items marked with a ✓ are vegetarian!