



# MAY 2023

## EAST ELEMENTARY SCHOOL BREAKFAST MENU

**MEALS ARE FREE  
FOR ALL  
STUDENTS**

**JUST STOP BY THE  
CAFETERIA WHEN  
YOU ARRIVE AT  
SCHOOL AND GRAB A  
BAG.  
BE SURE TO HAVE  
YOUR NAME  
CHECKED OFF**

**QUESTIONS:**  
Please call your  
school Cafeteria

All Lunches  
Must Include  
Choice of:  
Fruits and/or  
Vegetable  
And May  
Include:  
1% Low-Fat  
Milk

MON	TUES	WED	THURS	FRI
1 Mini Waffles Fresh Fruit 100% Fruit Juice Milk	2 Bacon, Egg & Ch. Sandwich Animal Crackers Fresh Fruit 100% Fruit Juice Milk	3 Sausage, Egg & Ch. Sandwich Fresh Fruit 100% Fruit Juice Milk	4 Rice Krispy Treat Fresh Fruit 100% Fruit Juice Milk	5 Mini French Toast Fresh Fruit 100% Fruit Juice Milk
8 Apple Strudel Stick Fresh Fruit 100% Fruit Juice Milk	9 Whole Grain Muffin Cheese Stick Fresh Fruit 100% Fruit Juice Milk	10 Breakfast Cereal Bar Fresh Fruit 100% Fruit Juice Milk	11 Kellogg's WG Pop Tart Cheese Stick Fresh Fruit 100% Fruit Juice Milk	12 Mini Pancakes Fresh Fruit 100% Fruit Juice Milk
15 Yogurt Cup Scooby Sticks Fresh Fruit 100% Fruit Juice Milk	16 Whole Grain Muffin Animal Crackers Fresh Fruit 100% Fruit Juice Milk	17 Mini Cinnamon French Toast Bites Fresh Fruit 100% Fruit Juice Milk	18 Bagel Stick Stuffed With Strawberry Cream Cheese Fresh Fruit 100% Fruit Juice Milk	19 Mini Maple Waffles Fresh Fruit 100% Fruit Juice Milk
22 Bagel with Strawberry Cream Cheese Fresh Fruit 100% Fruit Juice Milk	23 Whole Grain Muffin Cheese Stick Fresh Fruit 100% Fruit Juice Milk	24 Breakfast Cereal Bar String Cheese Fresh Fruit 100% Fruit Juice Milk	25 Mini Cinnamon Buns Fresh Fruit 100% Fruit Juice Milk	26 Apple Strudel Stick Fresh Fruit 100% Fruit Juice Milk
 <b>THANK YOU!</b>	25 Rice Krispy Treat Animal Crackers Fresh Fruit 100% Fruit Juice Milk	26 Nutri-Grain Breakfast Bar Scooby Graham Sticks Fresh Fruit 100% Fruit Juice Milk	27 Kellogg's WG Pop Tart Cheese Stick Fresh Fruit 100% Fruit Juice Milk	28 Mini Cinnamon Buns Fresh Fruit 100% Fruit Juice Milk

**Menus are  
subject  
change.**

**State requires offering of 1 cup of fruit at breakfast. Students must take at least ½ cup of fruit**



**CHOICE OF WG CEREALS WITH GRAHAM CRACKERS:**  
Cinnamon Toast Crunch, Cheerios, Lucky Charms, Cocoa Puffs

**CHOICE OF MILK:**  
Low Fat Plain Milk, Fat Free Chocolate, and Fat Free Plain.

**CHOICE OF FRUITS AND JUICE:**  
May include Fresh Apples, Fresh Oranges, Fresh Bananas, Apple Juice, Orange Juice, Fruit Blend Juice, or Chilled Fruit Cups



This institution is an equal  
opportunity providers