May 2021

Central R-III School District

BREAKFAST

School Information: Variety of fruit and 100% fruit juice and a variety of milk included with 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
3 Banana Bread Or Oats & Toast	4 Cereal & Pop Tart Or Biscuits & Gravy	5 Breakfast Pizza Or Waffles & Syrup	6 Yogurt & Granola Or Scrambled Eggs & Toast	7 Breakfast Burrito Or Cereal & Nutri-Grain Bar
10 Bagel & Cream Cheese Or French Toast Sticks & Syrup	11 Cinnamon Roll Or Pilsbury Crescents	12 Cheese Omelet & Toast Or Cereal & Muffin	13 Pancake Sausage on Stick Or Banana Bread	14 Sausage Biscuit Or Yogurt & Granola
17 Assorted Muffins & Cereal Or Oats & Toast	18 Pancakes & Syrup Or Breakfast Burrito	19 Breakfast Pizza Or Cereal & Pop Tart	20 Biscuit & Gravy Or French Toast Sticks & Syrup	21 Banana Bread Or Pilsbury Crescents
24	25	26	27	28
31				