



**Breakfast
FREE
Adult Breakfast
\$1.75**

BREAKFAST MENU FREEDOM MAY 2024



Choose at least 3 of the 4 items offered

Common Equivalents

- Bagel= 2 breads
- Cereal=1 bread
- 1 Slice of Toast=1 bread
- Cheese, Meat, Sun Butter=protein
- Fruit/Juice = fruit
- Milk= milk

Breakfast Bar

- Always Available
- Toast
- Assorted Cereal

Fruits May Include:

- Fresh Fruit Choices
- Apples—Oranges-Pears
- Banana
- Assorted Canned Fruits
- Peaches-Pears-Applesauce-
- Mandarin Oranges
- Choice of Juices
- Apple Juice
- Orange Juice

**MENU SUBJECT
TO
CHANGE !**

Myplate.gov

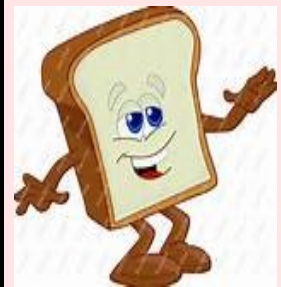
Mon	Tue	Wed	Thu	Fri
		1 WG PANCAKES CHOICE OF JUICE CHOICE OF FRUIT CHOICE OF MILK	2 BREAKFAST PIZZA CHOICE OF JUICE CHOICE OF FRUIT CHOICE OF MILK	3 FRENCH TOAST STICKS SYRUP CHOICE OF JUICE CHOICE OF FRUIT CHOICE OF MILK
6 MINI CINNIS CHOICE OF JUICE CHOICE OF FRUIT CHOICE OF MILK	7 DUTCH WAFFLE CINNAMON SPRINKLE CHOICE OF JUICE CHOICE OF FRUIT CHOICE OF MILK	8 WG PANCAKES CHOICE OF JUICE CHOICE OF FRUIT CHOICE OF MILK	9 BREAKFAST PIZZA CHOICE OF JUICE CHOICE OF FRUIT CHOICE OF MILK	10 NO SCHOOL
13 GLAZED DONUT CHOICE OF JUICE CHOICE OF FRUIT CHOICE OF MILK	14 DUTCH WAFFLE CINNAMON SPRINKLE CHOICE OF JUICE CHOICE OF FRUIT CHOICE OF MILK	15 WG PANCAKES CHOICE OF JUICE CHOICE OF FRUIT CHOICE OF MILK	16 BREAKFAST PIZZA CHOICE OF JUICE CHOICE OF FRUIT CHOICE OF MILK	17 FRENCH TOAST STICKS SYRUP CHOICE OF JUICE CHOICE OF FRUIT CHOICE OF MILK NO SCHOOL HSMS
20 MINI CINNIS CHOICE OF JUICE CHOICE OF FRUIT CHOICE OF MILK	21 DUTCH WAFFLE CINNAMON SPRINKLE CHOICE OF JUICE CHOICE OF FRUIT CHOICE OF MILK	22 WG PANCAKES CHOICE OF JUICE CHOICE OF FRUIT CHOICE OF MILK	23 BREAKFAST PIZZA CHOICE OF JUICE CHOICE OF FRUIT CHOICE OF MILK	24 FRENCH TOAST STICKS SYRUP CHOICE OF JUICE CHOICE OF FRUIT CHOICE OF MILK
27 NO SCHOOL	28 DUTCH WAFFLE CINNAMON SPRINKLE CHOICE OF JUICE CHOICE OF FRUIT CHOICE OF MILK	29 WG PANCAKES CHOICE OF JUICE CHOICE OF FRUIT CHOICE OF MILK	30 BREAKFAST PIZZA CHOICE OF JUICE CHOICE OF FRUIT CHOICE OF MILK	31 FRENCH TOAST STICKS SYRUP CHOICE OF JUICE CHOICE OF FRUIT CHOICE OF MILK

Fruits May Include:

- Fresh Fruit Choices
- Apples—Oranges-Pears
- Banana
- Assorted Canned Fruits
- Peaches-Pears-
- Applesauce-
- Mandarin Oranges
- Choice of Juices
- Apple Juice
- Orange Juice

Choice of Milk

- 1 % White, SKIM,
- Non-fat Assorted
- Variety



Randy Walker
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