



MAY

Poquoson Elementary School  
May 2019  
BREAKFAST



Nutrition info...

Served daily: A selection of fresh & dried fruit, 1% white milk, flavored skim milk, and lactose-free milk are also available  
All grains offered are whole grain.

1

2

1  
Cereal & Muffin  
Donut  
Strawberry Cup  
Milk

2  
Cinni Mini Roll  
Poptart & Cheese  
Stick  
Apple Slices  
Milk

3  
Strawberry  
Yogurt & Muffin  
Cinnamon Bites  
  
Peach Cup  
Milk

6  
Cinnamon French  
Toast  
Cereal & Muffin  
Apple Slices  
Milk

7  
Turkey Pancake  
Wrap  
Strawberry  
Yogurt & Poptart  
Raisins  
Milk

8  
Cereal & Muffin  
Donut  
Strawberry Cup  
Milk

9  
Apple Frudel  
Poptart & Cheese  
Stick  
  
Apple Slices  
Milk

10  
Strawberry  
Yogurt & Muffin  
Cinnamon Bites  
Peach Cup  
Milk

13  
Maple Waffles  
Cereal & Muffin  
Apple Slices  
Milk

14  
Cinni Mini Roll  
Strawberry  
Yogurt & Graham  
Crackers  
Raisins  
Milk

15  
Cereal & Muffin  
Donut  
Strawberry Cup  
Milk

16  
Chicken Patty  
Biscuit  
Poptart & Cheese  
Stick  
Apple Slices  
Milk

17  
Strawberry  
Yogurt & Muffin  
Cinnamon Bites  
Peach Cup  
Milk

20  
Maple Pancakes  
Cereal & Muffin  
Apple Slices  
Milk

21  
Strawberry Cream  
Cheese Bagel  
Strawberry  
Yogurt & Graham  
Crackers  
Raisins  
Milk

22  
Cereal & Muffin  
Donut  
Strawberry Cup  
Milk

23  
Apple Frudel  
Poptart & Cheese  
Stick  
Apple Slices  
Milk

24  
Strawberry  
Yogurt & Muffin  
Cinnamon Bites  
  
Peach Cup  
Milk

27

28  
Turkey Pancake  
Wrap  
Strawberry  
Yogurt & Poptart  
Raisins  
Milk

29  
Cereal & Muffin  
Donut  
Strawberry Cup  
Milk

30  
Sausage Biscuit  
Poptart & Cheese  
Stick  
Apple Slices  
Milk

31  
Strawberry  
Yogurt & Muffin  
Cinnamon Bites  
  
Peach Cup  
Milk

