



Poquoson Primary 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.

MAY

1

Cereal & Muffin
Strawberry Cup
Milk

2

Poptart & Cheese
Stick
Apple Slices
Milk

3

Strawberry
Yogurt & Muffin
Peach Cup
Milk

6

Cinnamon French
Toast
Apple Slices
Milk

7

Turkey Pancake
Wrap
Raisins
Milk

8

Cereal & Muffin
Strawberry Cup
Milk

9

Apple Frudel
Apple Slices
Milk

10

Strawberry
Yogurt &
Cinnamon Bites
Peach Cup
Milk

13

Maple Waffles
Apple Slices
Milk

14

Cinni Mini Roll
Raisins
Milk

15

Cereal & Muffin
Strawberry Cup
Milk

16

Chicken Patty
Biscuit
Apple Slices
Milk

17

Strawberry
Yogurt & Muffin
Peach Cup
Milk

20

Maple Pancakes
Apple Slices
Milk

21

Strawberry Cream
Cheese Bagel
Raisins
Milk

22

Cereal & Muffin
Strawberry Cup
Milk

23

Poptart & Cheese
Stick
Apple Slices
Milk

24

Strawberry
Yogurt
Cinnamon Bites
Peach Cup
Milk

27



28

Turkey Pancake
Wrap
Raisins
Milk

29

Cereal & Muffin
Strawberry Cup
Milk

30

Sausage Biscuit
Apple Slices
Milk

31

Strawberry
Yogurt & Muffin
Peach Cup
Milk

