

MAY 2017

ACS Elementary Breakfast
Grade K-5 \$1.10

MONDAY

1
Choose 1
Variety Poptarts
or
Cereal (1 or 2)

Choices
Milk
100% Fruit Juice
Fresh Fruit

8
Choose 1
Fruited Loaf
or
Cereal (1 or 2)

Choices
Milk
100% Fruit Juice
Fresh Fruit

15
Choose 1
Super Doughnuts
or
Cereal (1 or 2)

Choices
Milk
100% Fruit Juice
Fresh Fruit

22
Choose 1
Nutrigrain Bar
or
Cereal (1 or 2)

Choices
Milk
100% Fruit Juice
Fresh Fruit

29
No School
Memorial Day



TUESDAY

2
Choose 1
Pancakes w/ Warm Syrup
or
Cereal (1 or 2)

Choices
Milk
100% Fruit Juice
Fresh Fruit

9
Choose 1
French Toast Sticks
or
Cereal (1 or 2)

Choices
Milk
100% Fruit Juice
Fresh Fruit

16
Choose 1
Make Your Own Oatmeal Bar
or
Cereal (1 or 2)

Choices
Milk
100% Fruit Juice
Fresh Fruit

23
Choose 1
Breakfast Pizza
or
Cereal (1 or 2)

Choices
Milk
100% Fruit Juice
Fresh Fruit

30
Choose 1
Frudels
or
Cereal (1 or 2)

Choices
Milk
100% Fruit Juice
Fresh Fruit

WEDNESDAY

3
Choose 1
Warm Bagels w/ Toppers
or
Cereal (1 or 2)

Choices
Milk
100% Fruit Juice
Fresh Fruit

10
Choose 1
Waffle Wednesday
or
Cereal (1 or 2)

Choices
Milk
100% Fruit Juice
Fresh Fruit

17
Choose 1
Yogurt Cup w/ Muffin
or
Cereal (1 or 2)

Choices
Milk
100% Fruit Juice
Fresh Fruit

24
Choose 1
Warm Doughnuts
or
Cereal (1 or 2)

Choices
Milk
100% Fruit Juice
Fresh Fruit

31
Choose 1
Waffle Wednesday
or
Cereal (1 or 2)

Choices
Milk
100% Fruit Juice
Fresh Fruit

THURSDAY

4
Choose 1
Scrambled Eggs w/ Toast
or
Cereal (1 or 2)

Choices
Milk
100% Fruit Juice
Fresh Fruit

11
Choose 1
Breakfast Pizza
or
Cereal (1 or 2)

Choices
Milk
100% Fruit Juice
Fresh Fruit

18
Choose 1
Scrambled Eggs w/ Toast
or
Cereal (1 or 2)

Choices
Milk
100% Fruit Juice
Fresh Fruit

25
Choose 1
Pancakes w/ Warm Syrup
or
Cereal (1 or 2)

Choices
Milk
100% Fruit Juice
Fresh Fruit

FRIDAY

5
Choose 1
Warm Doughnuts
or
Cereal (1 or 2)

Choices
Milk
100% Fruit Juice
Fresh Fruit

12
Choose 1
Cinni Minis
or
Cereal (1 or 2)

Choices
Milk
100% Fruit Juice
Fresh Fruit

19
Choose 1
Variety Poptarts
or
Cereal (1 or 2)

Choices
Milk
100% Fruit Juice
Fresh Fruit

26
Choose 1
Warm Bagel w/ Toppers
or
Cereal (1 or 2)

Choices
Milk
100% Fruit Juice
Fresh Fruit

A La Carte

Breakfast Items
May Be
Purchased
Individually

The 2010 Dietary Guidelines For Americans recommend that at least half of your grains are whole. For most people, that translates into at least 48 grams daily.



USDA is an equal opportunity employer.

Squirmy Cones

Ingredients

- *5 Fudge-Dipped Ice Cream Cones
- *2 1/2 cups Chocolate Pudding
- *5 Mint Chocolate Cookies
- *15 Gummy Worms

Directions

- Place 1/2 cup of pudding into each ice cream cone.
- Sprinkle pudding with chopped cookies and crumbs.
- Place 3 worms into each of the ice cream cones, squirming out.



DID YOU KNOW...

The birthstone for May is the emerald which represents success or love.