

# MAY 2023

# Moencopi Day School

## BREAKFAST



Adult Breakfast \$2.50 Sides \$1.00 Milk \$0.50  
This Institution is an equal opportunity.

**\*\*MAY SUBJECT TO CHANGE\*\***



**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

Egg & Sausage Sandwich  
Fresh Grapes  
Watermelon  
Milk

1

Assorted Cold Cereal  
Buttered Toast w/ Jam  
Assorted Juice  
Orange Smiles  
Milk

2

Western Omelet  
Mild Salsa  
Diced Pears  
Fresh Apples  
Milk

3

WG Bagel  
Cream Cheese  
Assorted Juice  
Orange Smiles  
Milk

4

**Cinco De Mayo**  
Baked French Toast  
Pancake Syrup  
Applesauce  
Fresh Grapes  
Milk

5

Banana Muffin  
Assorted Yogurt  
Sliced Peaches  
Milk

8

Cream of Wheat  
Honey Graham Crackers  
Assorted Juice  
Fresh Grapes  
Milk

9

Blueberry Muffin  
Assorted Yogurt  
Assorted Juice  
Orange Smiles  
Milk

10

Breakfast Burrito  
Mild Salsa  
Applesauce  
Cantaloupe  
Milk

11

Scrambled Eggs  
Buttered Toast w/ Jam  
Fresh Apples  
Milk

12

Assorted Cold Cereal  
Buttered Toast w/ Jam  
Assorted Juice  
Diced Pears  
Milk

15

Cheesy Eggs  
Breakfast Potatoes  
Applesauce  
Fresh Grapes  
Milk

16

Oatmeal w/ Brown Sugar  
Sausage Patty  
Cinnamon Apple Slices  
Fresh Banana  
Milk

17

Breakfast Sandwich  
Assorted Juice  
Watermelon  
Milk

18

Pancake on a Stick  
Pancake Syrup  
Pineapple Tidbits  
Orange Smiles  
Milk

19

Blue Corn Mush  
Scrambled Eggs w/ Sausage  
Sliced Peaches  
Mixed Berries  
Milk

22

Assorted Cold Cereal  
Honey Graham Crackers  
Apple Slices  
Milk

23

**\*\*Sack Meals\*\*  
(Kinder Promotion Day)**

Strawberry Bagel filled w/  
cream Cheese  
Fruit Cocktail  
Fresh Banana  
Milk

24

**\*\*Field Day\*\***



25



26



29



30



31

