MAY 2023

Moencopi Day School



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.



MONDAY

Egg & Sausage Sandwich Fresh Grapes Watermelon Milk



Buttered Toast w/ Jam Assorted Juice Orange Smiles Milk



Western Omelet Mild Salsa Diced Pears Fresh Apples Milk



WG Bagel Cream Cheese Assorted Juice Orange Smiles Milk



Reference: USDA MyPlate

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



Banana Muffin Assorted Yogurt Sliced Peaches Milk 8 Cream of Wheat Honey Graham Crackers Assorted Juice Fresh Grapes Milk



Blueberry Muffin Assorted Yogurt Assorted Juice Orange Smiles Milk



Breakfast Burrito Mild Salsa Applesauce Cantaloupe Milk



Scrambled Eggs Buttered Toast w/ Jam Fresh Apples Milk 12

Assorted Cold Cereal Buttered Toast w/ Jam Assorted Juice Diced Pears Milk Cheesy Eggs
Breakfast Potatoes
Applesauce
Fresh Grapes
Milk

15



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



Breakfast Sandwich Assorted Juice Watermelon Milk



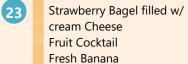
Pancake on a Stick Pancake Syrup Pineapple Tidbits Orange Smiles Milk



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

Assorted Cold Cereal Honey Graham Crackers Apple Slices Milk

Sack Meals
(Kinder Promotion Day)



Milk

Field Day











