

MAY 2022

Wilkinson County School District

BREAKFAST



This Institution is an equal opportunity provider.
Menus are subject to change based off availability!



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

Biscuits & Sausage
Honey Dew Cubes
Assorted Jelly
Fruit Juice Choice
Milk

2

TUESDAY

Hot Grits
Scrambled Eggs
Sausage
Toast
Fruit Cup
Milk

3

WEDNESDAY

Fruit Frudel
Fruit Choice
Fruit Juice
Milk

4

THURSDAY

Pancake on the stick
Fruit Cup
Syrup
Fruit Juice
Milk

5

FRIDAY

School Lunch Hero Day!!!
Choice Cereal
Fruit Cup
Fruit Juice
Milk

6

Waffles
Bacon
Fruit Cup
Fruit Juice
Syrup
Milk

9

Cinnamon Bun
Fruit Choice
Fruit Juice
Milk

10

Grits
Breakfast Sausage
Toast
Jelly Choice
Fruit Juice
Milk

11

Breakfast Pizza
Melon Cup
Fruit Juice
Milk

12

Breakfast Pastry
Fruit Cup
Fruit Juice
Milk

13

Choice Muffins
Fruit Choice
Fruit Juice
Milk

16

Sausage, Egg, Cheese Toaster
Fruit Choice
Fruit Juice
Choice Jelly
Milk

17

Choice Cereal
Fruit Choice
Fruit Juice
Milk

18

Fruit Frudel
Fruit Choice
Fruit Juice
Milk

19

Cinnamon Bun
Fruit Choice
Fruit Juice
Milk

20

Biscuit & Sausage
Choice Jelly
Choice Fruit
Fruit Juice
Milk

23

Pop Tarts
Fruit Cup
Fruit Juice
Milk

24

Choice Cereal
Choice Fruit
Fruit Juice
Milk

25

26

27

Memorial Day

30

31



HAVE A GREAT SUMMER!!!!

