

DECEMBER 2022

May ISD

BREAKFAST

This institution is an equal opportunity provider



School Information: Student prices \$1.75
Reduced \$0.30
Additional milk \$0.50 each
Adult price is \$2.25
Cereal is offered as an alternative choice



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.
Nutrition Tip: [Practice stealth health - sneak veggies into favorite foods.](#)
Menu is subject to change due to delivery.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Breakfast Pizza
Fruit
Milk

5

French Toast
Sausage
Fruit
Milk

6

Biscuit & Gravy
Eggs & Bacon
Fruit
Milk

7

Waffles
Bacon
Fruit
Milk

1

Breakfast Burrito
Cheese stick
Fruit
Milk

2

Pancakes
Bacon
Fruit
Milk

12

English Muffin
Egg & Sausage
Fruit
Milk

13

Oatmeal
Toast
Fruit
Milk

14

Pancake on Stick
Yogurt
Fruit
Milk

8

Cinnamon Rolls
Sausage
Fruit
Milk

9

Chicken Biscuit
Fruit
Milk

15

Donuts
Sausage
Fruit
Milk

16

19

Christmas Break

20

21

22

23

26

Christmas Break

27

28

29

30