

AUGUST 2022

May ISD

BREAKFAST

This institution is an equal opportunity provider.



School Information: Student prices \$1.75
Reduced \$0.30
Milk is offered with each meal
Additional milk \$0.50 each.
Adult price is \$2.25



Nutrition Tip: Drink water! Sip water or other drinks with few or no calories to stay hydrated and help maintain a healthy weight. Keep a water bottle in your bag or at your desk to satisfy your thirst throughout the day.

Reference: USDA MyPlate



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

2

National Watermelon Day 3

4

5

8

9

10

11

12

15

16

Pancakes
Bacon
Fruit
Milk 17

Breakfast Burrito
Salsa
Fruit
Milk 18

Donuts
Sausage
Fruit
Milk 19

Oatmeal
Toast
Fruit
Milk 22

Pancake on Stick
Fruit
Milk 23

National Waffle Day
Waffles
Bacon
Fruit
Milk 24

Breakfast Pizza
Fruit
Milk 25

Muffins
Sausage
Cheese
Milk 26

Yogurt
Toast
Fruit
Milk 29

Biscuit
Gravy
Sausage
Fruit
Milk 30

Morning Rolls
Fruit
Milk 31



Menu is subject to change due to delivery