

JANUARY 2023

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 daily



Nutrition Tip: Happy New Year! If you made a food resolution turn it into a real solution by teaming up with a friend and celebrating your success along the way.

Reference: USDA MyPlate

Menu is subject to change due to delivery.

MONDAY

School Holiday

2

TUESDAY

Morning Rolls
Yogurt
Fruit
Milk

3

WEDNESDAY

Sausage Egg Cheese
Muffins
Fruit
Milk

4

THURSDAY

Breakfast Pizza
Fruit
Milk

5

FRIDAY

French Toast
Sausage
Cheese Sticks
Fruit
Milk

6

Pancakes
Bacon
Fruit
Milk

9

Breakfast Burrito
Cheese Sticks
Fruit
Milk

10

Oatmeal
Toast
Fruit
Milk

11

Stuffed Bagel
Cheese Sticks
Fruit
Milk

12

Waffles
Bacon
Fruit
Milk

13

School Holiday

16

Chicken Biscuit
Cheese Sticks
Fruit
Milk

17

Biscuit/Gravy
Eggs, Bacon
Fruit
Milk

18

Pancake on Stick
Fruit
Milk

19

Cinnamon Roll
Sausage
Fruit
Milk

20

Pancakes
Bacon
Fruit
Milk

23

Oatmeal
Toast
Fruit
Milk

24

Breakfast Pizza
Fruit
Milk

25

Morning Rolls
Yogurt
Fruit
Milk

26

Donut
Sausage
Fruit
Milk

27

French Toast
Sausage
Fruit
Milk

30

Breakfast Burrito
Cheese Sticks
Fruit
Milk

31

