

BREAKFAST

May 2013

Elmwood Murdock Public Schools



Fitness Tip

Ways to Increase Physical Activity:

- Walk, skate, or cycle more, and drive less.
- Do stretches, exercises, or pedal a stationary bike while watching TV.
- Play basketball, softball, or soccer.

Reference: USDA. MyPlate.gov. Internet <http://www.myplate.gov>.

* monday

* tuesday

* wednesday

* thursday

* friday

This institution is an equal opportunity provider.

May is National Physical Fitness and Sports Month

Breakfast Pizza
Juice, Milk
-OR-
WG Cereal Choice,
WG Toast, Juice, Milk

6

Combo,
WG Toast, Juice, Milk
-OR-
WG Cereal Choice,
WG Toast, Juice, Milk

7

Breakfast Muffin Sandwich,
Juice, Milk
-OR-
WG Cereal Choice,
WG Toast, Juice, Milk

8

Pancake/Sausage Stick-E,
Breakfast Burrito-M,
Juice, Milk
-OR-
WG Cereal Choice,
WG Toast, Juice, Milk

9

French Toast Sticks-E,
Sausage Gravy/Biscuit-M
-OR-
WG Cereal Choice,
WG Toast, Juice, Milk

10

Breakfast Pizza
Juice, Milk
-OR-
WG Cereal Choice,
WG Toast, Juice, Milk

13

Combo,
WG Toast, Juice, Milk
-OR-
WG Cereal Choice,
WG Toast, Juice, Milk

14

Breakfast Muffin Sandwich,
Juice, Milk
-OR-
WG Cereal Choice,
WG Toast, Juice, Milk

15

Pancake/Sausage Stick-E,
Breakfast Burrito-M,
Juice, Milk
-OR-
WG Cereal Choice,
WG Toast, Juice, Milk

16

French Toast Sticks-E,
Sausage Gravy/Biscuit-M
-OR-
WG Cereal Choice,
WG Toast, Juice, Milk

17

Breakfast Pizza
Juice, Milk
-OR-
WG Cereal Choice,
WG Toast, Juice, Milk

20

Combo,
WG Toast, Juice, Milk
-OR-
WG Cereal Choice,
WG Toast, Juice, Milk

21

Breakfast Muffin Sandwich,
Juice, Milk
-OR-
WG Cereal Choice,
WG Toast, Juice, Milk

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LAST DAY OF SCHOOL

23

24

27

28

29

30

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