

# Sylvan Heights May 2024 Breakfast Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		5/1 Banana Muffin Flat Applesauce Cup 100% Fruit Juice	5/2 Soft Filled Cocoa Puff Assorted Fruit Cup 100% Fruit Juice	5/3 Cereal Bowl Jungle Crackers Banana 100% Fruit Juice
5/6 Cereal Bowl Jungle Crackers Fresh Apple Slices 100% Fruit Juice	5/7 Cherry Frudel Assorted Fruit Cup 100% Fruit Juice	5/8 Mini Strawberry Bagels Applesauce Cup 100% Fruit Juice	5/9 Mini Waffles Assorted Fruit Cup 100% Fruit Juice	5/10 Cereal Bowl Jungle Crackers Banana 100% Fruit Juice
5/13 Cereal Bowl Jungle Crackers Fresh Apple Slices 100% Fruit Juice	5/14 Goody Ring Assorted Fruit Cup 100% Fruit Juice	5/15 French Toast Minis Applesauce Cup 100% Fruit Juice	5/16 Cinnamon Toast Crunch Bar Assorted Fruit Cup 100% Fruit Juice	5/17 Cereal Bowl Jungle Crackers Banana 100% Fruit Juice
5/20 Cereal Bowl Jungle Crackers Fresh Apple Slices 100% Fruit Juice	5/21 Benefit Breakfast Bar Assorted Fruit Cup 100% Fruit Juice	5/22 Cinnamon Roll Applesauce Cup 100% Fruit Juice	5/23 Apple Roll Assorted Fruit Cup 100% Fruit Juice	5/24 Cereal Bowl Jungle Crackers Banana 100% Fruit Juice
5/27 No School	5/28 Zee Zee Bar Assorted Fruit Cup 100% Fruit Juice	5/29 Banana Muffin Flat Applesauce Cup 100% Fruit Juice	5/30 Soft Filled Cocoa Puff Assorted Fruit Cup 100% Fruit Juice	5/31 Cereal Bowl Jungle Crackers Banana 100% Fruit Juice

## What Makes a Breakfast Meal?

Breakfast includes these meal components:

Grains      Fruits      Milk

Students with free eligibility may participate in both breakfast & lunch at no cost.



GENERAL MILLS



## Milk Choices Offered Daily

- Fat Free Flavored
- Fat Free White Milk
- Low Fat White Milk

Please contact Sharon Kidd, Senior Director of Food Services with and questions, comments or concerns:  
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