

# May 2018

## ARCHBISHOP WALSH / STCS

### BREAKFAST



**School Information:** ALL BREAKFAST CONSIST OF MAIN ENTRÉE, JUICE OR FRESH FRUIT AND MILK.



**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.



Monday

Tuesday

Wednesday

Thursday

Friday



1

BREAKFAST SANDWICH 2

BRAEKFAST PIZZA 3

CEREAL 4

CINNAMON ROLL 7

ASSORTED BREAKFAST BARS 8

FRENCH TOAST STICKS SAUSAGE LINKS 9

BREAKFAST SANDWICH 10

CEREAL 11

BISCUIT W/HONEY OR JELLY 14

DONUTS 15

BREAKFAST SANDWICH 16

BAGEL W/CREAM CHEESE OR JELLY 17

CEREAL 18

BAGEL W / CREAM CHEESE OR JELLY 21

ASSORTED BREAKFAST BARS 22

FRENCH TOAST STICKS SAUSAGE LINKS 23

BREAKFAST SANDWICH 24

NO SCHOOL 25

ASSORTED MUFFINS 28

DONUTS 29

FRENCH TOAST STICKS SAUSAGE LINKS 30

CEREAL 31

