

May 2018



Pleasant Ridge Middle School

BREAKFAST



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. This institution is an equal opportunity provider. Menus are subject to change



Monday

Tuesday

Wednesday

Thursday

Friday



Cereal 2 varieties **1**
Pop-tart or Strudel
100% fruit juice 3 varieties
Fruit

Cereal 2 varieties **2**
Pop-tart or Strudel
100% fruit juice 3 varieties
Fruit / Donut

Cereal 2 varieties **3**
Pop-tart or Strudel
100% fruit juice 3 varieties
Fruit / Tornado

Cereal 2 varieties **4**
Pop-tart or Strudel
100% fruit juice 3 varieties
Fruit / Donut

Cereal 2 varieties **7**
Pop-tart or Strudel
100% fruit juice 3 varieties
Fruit
Pancake On A Stick

Cereal 2 varieties **8**
Pop-tart or Strudel
100% fruit juice 3 varieties
Fruit

LATE START! **9**
Cereal 2 varieties
Pop-tart or Strudel
100% fruit juice 3 varieties
Fruit / Donut

Cereal 2 varieties **10**
Pop-tart or Strudel
100% fruit juice 3 varieties
Fruit / Tornado

Cereal 2 varieties **11**
Pop-tart or Strudel
100% fruit juice 3 varieties
Fruit / Donut

Cereal 2 varieties **14**
Pop-tart or Strudel
100% fruit juice 3 varieties
Fruit
Pancake On A Stick

Cereal 2 varieties **15**
Pop-tart or Strudel
100% fruit juice 3 varieties
Fruit

Cereal 2 varieties **16**
Pop-tart or Strudel
100% fruit juice 3 varieties
Fruit / Donut

Cereal 2 varieties **17**
Pop-tart or Strudel
100% fruit juice 3 varieties
Fruit / Tornado

Cereal 2 varieties **18**
Pop-tart or Strudel
100% fruit juice 3 varieties
Fruit / Donut

Cereal 2 varieties **21**
Pop-tart or Strudel
100% fruit juice 3 varieties
Fruit
Cooks Choice

Cereal 2 varieties **22**
Pop-tart or Strudel
100% fruit juice 3 varieties
Fruit
Cooks Choice

Cereal 2 varieties **23**
Pop-tart or Strudel
100% fruit juice 3 varieties
Fruit
Cooks Choice

