



Ledyard Schools Elementary Breakfast Menu. MAY

Monday	Tuesday	Wednesday	Thursday	Friday
7	8	9	10	11
Egg & Cheese Sandwich Fresh Local Seasonal Fruit Fruit Juice	Waffles Blueberry topping Maple Syrup Fresh Local Seasonal Fruit	French toast Maple Syrup Fresh Local Seasonal Fruit Fruit Juice	Fresh bake Cinnamon Roll Fresh Local Seasonal Fruit Fruit Juice	Fresh bake Chocolate Chip Muffin OR Bluberry Fresh Local Seasonal Fruit Fruit Juice
Weekly Alternate: Cereal, Cheese stick, Juice				
14	15	16	17	18
Sunbutter & banana wrap Fresh Local Seasonal Fruit Fruit Juice	Fresh bake Cinnamon Roll Fresh Local Seasonal Fruit Fruit Juice	Egg & Cheese Sandwich Fresh Local Seasonal Fruit Fruit Juice	Blueberry Parfait Fresh Local Seasonal Fruit Fruit Juice	Fresh bake Chocolate Chip Muffin OR Bluberry Muffin Fresh Local Seasonal Fruit Fruit Juice
Weekly Alternate: Cereal, cheese stick, Juice				
21	22	23	24	25
Waffles Blueberry topping Maple Syrup Fresh Local Seasonal Fruit	Blueberry Parfait Fresh Local Seasonal Fruit Fruit Juice	Fresh bake Cinnamon Roll Fresh Local Seasonal Fruit Fruit Juice	Egg & Cheese Sandwich Fresh Local Seasonal Fruit Fruit Juice	Fresh bake Chocolate Chip Muffin OR Bluberry Muffin Fresh Local Seasonal Fruit Fruit Juice
Weekly Alternate: Cereal, cheese stick, Juice				
28	29	30	31	1
NO SCHOOL ----- MEMORIAL DAY	Mini maple pancakes Fresh Local Seasonal Fruit Fruit Juice	Fresh bake Cinnamon Roll Fresh Local Seasonal Fruit Fruit Juice	Blueberry Parfait Fresh Local Seasonal Fruit Fruit Juice	Fresh bake Chocolate Chip Muffin OR Bluberry Muffin ----- Fresh Local Seasonal Fruit Fruit Juice
Weekly Alternate: Cereal, Cheese stick, Juice				
<p>May Food Focus : Berries. Berries are packed with important vitamins and nutrients, such as vitamin C- antioxidants and fiber. These are helpful in keeping your body healthy. Some of those nutrients have been shown to help build your immune system so you can fight off illnesses, control blood sugar for people with diabetes and protect against many forms of cancer. Berries include the ever-popular strawberries, blueberries and raspberries, but some others you may know are blackberries, cranberries and boysenberries.</p>				
A Full Student breakfast includes are offered with featured fruit and juice sides and a choice of milk				
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