



Ledyard Schools Elementary Breakfast Menu. MAY

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|-------------------------------|-------------------------------|---|
| 7 | 8 | 9 | 10 | 11 |
| Egg & Cheese Sandwich | Waffles Blueberry topping Maple Syrup | French toast Maple Syrup | Fresh bake Cinnamon Roll | Fresh bake Chocolate Chip Muffin OR Bluberry |
| Fresh Local Seasonal Fruit | Maple Syrup | Fresh Local Seasonal Fruit | Fresh Local Seasonal Fruit | Fresh Local Seasonal Fruit |
| Fruit Juice | Fresh Local Seasonal Fruit | Fruit Juice | Fruit Juice | Fruit Juice |
| Weekly Alternate: Cereal,Cheese stick, Juice | | | | |
| 14 | 15 | 16 | 17 | 18 |
| Sunbutter & banana wrap | Fresh bake Cinnamon Roll | Egg & Cheese Sandwich | Blueberry Parfait | Fresh bake Chocolate Chip Muffin OR Bluberry Muffin |
| Fresh Local Seasonal Fruit | Fresh Local Seasonal Fruit | Fresh Local Seasonal Fruit | Fresh Local Seasonal Fruit | Fresh Local Seasonal Fruit |
| Fruit Juice | Fruit Juice | Fruit Juice | Fruit Juice | Fruit Juice |
| Weekly Alternate: Cereal, cheese stick , Juice | | | | |
| 21 | 22 | 23 | 24 | 25 |
| Waffles Blueberry topping Maple Syrup | Blueberry Parfait | Fresh bake Cinnamon Roll | Egg & Cheese Sandwich | Fresh bake Chocolate Chip Muffin OR Bluberry Muffin |
| Fresh Local Seasonal Fruit | Fresh Local Seasonal Fruit | Fresh Local Seasonal Fruit | Fresh Local Seasonal Fruit | Fresh Local Seasonal Fruit |
| Fruit Juice | Fruit Juice | Fruit Juice | Fruit Juice | Fruit Juice |
| Weekly Alternate: Cereal, cheese stick , Juice | | | | |
| 28 | 29 | 30 | 31 | 1 |
| NO SCHOOL ----- MEMORIAL DAY | Mini maple pancakes | Fresh bake Cinnamon Roll | Blueberry Parfait | Fresh bake Chocolate Chip Muffin OR Bluberry Muffin |
| | Fresh Local Seasonal Fruit | Fresh Local Seasonal Fruit | Fresh Local Seasonal Fruit | Fresh Local Seasonal Fruit |
| | Fruit Juice | Fruit Juice | Fruit Juice | 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 mayknow are blackberries,cranberries and boysenberries.</p> | | | | |
| A Full Student breakfast includes are offered with featured fruit and juice sides and a choice of milk | | | | |
| usda is an equal opportunity employer and provider | | | | |