

# Sylvan Heights Science Charter School

## May 2018 Grab 'n Go Breakfast



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	5/1 Cereal Bowl Cinnamon Crisps Chilled Peaches & 100% Juice	5/2 Managers Choice Ultra Bread Slice Fresh Ripe Banana & 100% Juice	5/3 Manager's Choice Mini Waffles Pineapple Tidbits & 100% Juice	5/4 Cereal Bowl Jungle Crackers Orange Smiles & 100% Juice
5/7 Breakfast Pastry Fresh Apple Slices & 100% Juice	5/8 Cereal Bowl Jungle Crackers Chilled Peaches & 100% Juice	5/9 Managers Choice Ultra Bread Slice Fresh Ripe Banana & 100% Juice	5/10 Managers Choice Mini Pancakes Pineapple Tidbits & 100% Juice	5/11 Cereal Bowl 1 Grain Orange Smiles & 100% Juice
5/14 Breakfast Pastry Fresh Apple Slices & 100% Juice	5/15 Cereal Bowl Jungle Crackers Chilled Peaches & 100% Juice	5/16 Managers Choice Ultra Bread Slice Fresh Ripe Banana & 100% Juice	5/17 Manager's Choice Mini Waffles Pineapple Tidbits & 100% Juice	5/18 Cereal Bowl Jungle Crackers Orange Smiles & 100% Juice
5/21 Breakfast Pastry Fresh Apple Slices & 100% Juice	5/22 Cereal Bowl Jungle Crackers Chilled Peaches & 100% Juice	5/23 Managers Choice Ultra Bread Slice Fresh Ripe Banana & 100% Juice	5/24 Managers Choice Mini Pancakes Pineapple Tidbits & 100% Juice	5/25 Cereal Bowl 1 Grain Orange Smiles & 100% Juice
5/28 NO SCHOOL	5/29 Cereal Bowl Jungle Crackers Chilled Peaches & 100% Juice	5/30 Managers Choice Ultra Bread Slice Fresh Ripe Banana & 100% Juice	5/31 Managers Choice Mini Waffles Pineapple Tidbits & 100% 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 and Low Fat Unflavored



Suggestions & Comments  
Contact

Sharon Kidd, Director of Food Services  
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