SIMPLY GOOD by Chartwells

USDA is an equal opportunity employer and provider.

FOOD FOCUS: BERRIES

STUDENT BREAKFAST PRICE $1.35 REDUCED PRICE : $.30

ELEMENTARY BREAKFAST MENU: MAY 1-26, 2017

Monday	Tuesday	Wednesday	Thursday	Friday
1-May **Breakfast Pizza** *Assorted Fruit Juice* *Fresh or Canned Fruit*	2-May **Mini Blueberry Pancakes** *Assorted Fruit Juice* *Fresh or Canned Fruit*	3-May **Mini Cinnis** *Assorted Fruit Juice* *Fresh or Canned Fruit*	4-May **Chocolate Chip Ultimate Breakfast Round** *Assorted Fruit Juice* *Fresh or Canned Fruit*	5-May **Mini Pancake Wraps** *Assorted Fruit Juice* *Fresh or Canned Fruit*
8-May **Pancake on a Stick** *Assorted Fruit Juice* *Fresh or Canned Fruit*	9-May **Build Your Own Breakfast Parfait** *Assorted Fruit Juice* *Fresh or Canned Fruit*	10-May **2 Waffles w/ Blueberrys or Strawberrys on top** *Assorted Fruit Juice* *Fresh or Canned Fruit*	11-May **French Toast Sticks** *Assorted Fruit Juice* *Fresh or Canned Fruit*	12-May **PopUp Smoothie-Blenderless Smoothie** *Assorted Fruit Juice* *Fresh or Canned Fruit*
15-May **Ultimate Breakfast Round** *Assorted Fruit Juice* *Fresh or Canned Fruit*	16-May **Breakfast Sliders** *Assorted Fruit Juice* *Fresh or Canned Fruit*	17-May **Mini Chocolate Chip French Toast** *Assorted Fruit Juice* *Fresh or Canned Fruit*	18-May **Breakfast Pizza** *Assorted Fruit Juice* *Fresh or Canned Fruit*	19-May **Mini Blueberry Waffles** *Assorted Fruit Juice* *Fresh or Canned Fruit*
22-May **Sausage, Egg, & Cheese Breakfast Sandwich** *Assorted Fruit Juice* *Fresh or Canned Fruit*	23-May **Mini Cinnis** *Assorted Fruit Juice* *Fresh or Canned Fruit*	24-May **1 Pancakes w/ 1 sausage link** *Assorted Fruit Juice* *Fresh or Canned Fruit*	25-May **Pancake on a Stick** *Assorted Fruit Juice* *Fresh or Canned Fruit*	26-May **Mini Berry French Toast** *Assorted Fruit Juice* *Fresh or Canned Fruit*

COLD OPTIONS AVAILABLE DAILY; PICK TWO: Assorted WG cereal, WG cereal bars, WG muffins, string cheese, yogurt, WG granola bars, WG goldfish graham crackers, WG chocolate chip oatmeal bars, & WG cereal pouches. All options come with choice of two fruit and milk.

FOOD FOCUS; BERRIES

Berries include the ever-popular strawberries, blueberries, and raspberries, but some others you may know are blackberries, cranberries, and boysenberries. These bright and colorful fruits are perfect for someone who wants to eat a healthy snack but has a craving for sweets! Berries are packed with important vitamins and nutrients, such as vitamin C, antioxidants, and fiber. Some of these 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.

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Breakfast: A full student breakfast includes a choice of entree supplying grain and/or protein, two fruit side dishes, and choice of milk. Milk choices included 1% and Skim white milk.

Questions or comments? Please contact the Food Service Director Melissa Alley at 616-997-3663 or malley@capsk12.org