



St. Lawrence School Breakfast

May

2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Bagel with Cream Cheese Juice/Fruit Milk	2 Egg and Cheese On a Roll Juice/Fruit Milk	3 Assorted Cereal w/Graham Crackers Juice/Fruit Milk
WEEKLY AVERAGE NUTRITIONALS: CALORIES – 350-500; SATURATED FAT - <10%; SODIUM - <540mg				
6 Whole Grain Chocolate Chip Muffin w/Graham Crackers Juice/Fruit Milk	7 Pancakes Juice/Fruit Milk	8 Apple Frudel Juice/Fruit Milk	9 Egg and Cheese On a Roll Juice/Fruit Milk	10 Assorted Cereal w/Graham Crackers Juice/Fruit Milk
NonFat Chocolate or 1% Milk offered daily				
13 Cherry Frudel Juice/Fruit Milk	14 Assorted Cereal w/Graham Crackers Juice/Fruit Milk	15 Bagel with Cream Cheese Juice/Fruit Milk	16 Egg and Cheese On a Roll Juice/Fruit Milk	17 Assorted Cereal w/Graham Crackers Juice/Fruit Milk
Fresh Fruit Basket Offered Daily				
20 Bagel with Cream Cheese Juice/Fruit Milk	21 Banana Bread Juice/Fruit Milk	22 Cherry Frudel Juice/Fruit Milk	23 Egg and Cheese On a Roll Juice/Fruit Milk	24 Assorted Cereal w/Graham Crackers Juice/Fruit Milk
WEEKLY AVERAGE NUTRITIONALS: CALORIES – 350-500; SATURATED FAT - <10%; SODIUM - <540mg				
27 No School	28 Blueberry Bread Juice/Fruit Milk	29 Bagel with Cream Cheese Juice/Fruit Milk	30 Egg and Cheese On a Roll Juice/Fruit Milk	31 Whole Grain Banana Muffin w/Graham Crackers Juice/Fruit Milk
WEEKLY AVERAGE NUTRITIONALS: CALORIES – 350-500; SATURATED FAT - <10%; SODIUM - <540mg				