

MAY 2022

Fairfield City Schools

BREAKFAST



School Information: Menus are subject to change based on availability



Nutrition Tip: Get started cooking more often at home: If you don't usually cook, start gradually. Make it a goal to cook once a week and work up to cooking more often.

Reference: USDA MyPlate



MONDAY

Pancake w/sausage
Fruit
Fruit juice
Milk

2

TUESDAY

Cereal
Fruit
Fruit juice
Milk

3

WEDNESDAY

Sausage biscuit
Fruit
Fruit juice
Milk

4

THURSDAY

Cheese Omelet
Hash rounds
Salsa
Fruit juice
Milk

5

FRIDAY

Doughnuts
Fruit
Fruit juice
Milk

6

French Toast
Fruit
Fruit juice
Milk

9

Breakfast pizza
Fruit
Fruit juice
Milk

10



11

Cereal
Fruit
Fruit juice
Milk

12

Mini Maple Pancakes
Fruit
Fruit juice
Milk

13

Chicken Biscuit
Fruit
Fruit juice
Milk

16

Chocolate chip muffin
Fruit
Fruit juice
Milk

17

Doughnuts
Fruit
Fruit juice
Milk

18

Pancakes w/sausage
Fruit
Fruit juice
Milk

19

Cheese omelet
Hash rounds
Fruit juice
Milk

20

Bacon Biscuit
Fruit
Fruit juice
Milk

23

Cheese toast
Fruit
Fruit juice
Milk

24

Mini Maple Pancakes
Fruit
Fruit juice
Milk

25

Cereal
Fruit
Fruit juice
Milk

26



27



30



31

