

# Center Schools May Breakfast Menu 2023

Monday	Tuesday	Wednesday	Thursday	Friday
May - 1 Yogurt CRACKERS, GRAHAM Fruit Selection	May - 2 Cereal Banana Bread Fruit Selection	May - 3 Burrito Fruit Selection	May - 4 Cooks Choice	May - 5
May - 8 Pizza Fruit Selection	May - 9 Yogurt Poppy Seed Cake Fruit Selection	May - 10 Croissant Sadwich Fruit Selection	May - 11 Cereal Sour Cream Coffee Cake Fruit Selection	May - 12
May - 15 Cereal OATMEAL TOAST, WHOLE- WHEAT String Cheese Fruit Selection	May - 16 Cereal Bran Muffins Fruit Selection	May - 17 Smoothie CRACKERS, GRAHAM Fruit Selection	May - 18 Tortilla Wrap Fruit Selection	May - 19
May - 22 Burrito Fruit Selection	May - 23 OATMEAL Chocolate Chip Bread Fruit Selection	May - 24 Parfait Fruit Selection	May - 25 Cooks Choice	May - 26
May - 29	May - 30	May - 31		

This Institution is an equal opportunity provider  
Due to Truck Deliveries Fruit Selection May Change  
Variety Milk Served Daily

	Average		Weekly Target	% of Target		Average	% of Calories	Weekly Target
Sodium	211* mg		600		Sugars	15.68* g	25.53%	
Fiber	4.12* g		4.00	103%	Protein	6.19* g	10.07%	8.47
Iron	3.90* mg		2.80	139%	Carbohyd	45.25* g	73.65%	
Vitamin A	442* IU		958	46%	Tot. Fat	5.44* g	19.91%	<=30.0%
					Sat. Fat	1.32* g	4.83%	<10.00%

*\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient.*

*\* - denotes combined nutrient totals with either missing or incomplete nutrient data.*

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.