

# MAY 2023

## HAMILTON COMMUNITY SCHOOLS

### BREAKFAST



**School Information:** \*Menu subject to change  
\*This institution is an equal opportunity provider.



**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

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

Breakfast Bar  
Fruit  
4oz juice  
Milk

1

French Toast  
Fruit  
4oz Juice  
Milk

2

Doughnut holes  
Fruit  
4oz Juice  
Milk

3

Waffles  
Fruit  
4oz Juice  
Milk

4

Breakfast Wrap  
Fruit  
4oz Juice  
Milk

5

Breakfast Sandwich  
Fruit  
4oz Juice  
Milk

8

Pancakes Sausage  
Fruit  
4oz Juice  
Milk

9

Eggs and Toast  
Fruit  
4oz Juice  
Milk

10

Cereal Bar  
Fruit  
4oz Juice  
Milk

11

Poptart  
Fruit  
4oz Juice  
Milk

12

Breakfast Bar  
Fruit  
4oz Juice  
Milk

15

Waffles  
Fruit  
4oz Juice  
Milk

16

Cinnamon Rolls  
Fruit  
4oz Juice  
Milk

17

Breakfast Sandwich  
Fruit  
4oz Juice  
Milk

18

Cereal  
Fruit  
4oz Juice  
Milk

19

Waffles  
Fruit  
4oz Juice  
Milk

22

Eggs and Toast  
Fruit  
4oz Juice  
Milk

23

Breakfast bar  
Fruit  
4oz Juice  
Milk

24

Pancakes  
Fruit  
4oz Juice  
Milk

25

Cereal Bar  
Fruit  
4oz Juice  
Milk

26

NO SCHOOL

29

Chefs Choice  
Fruit  
4oz Juice  
Milk

30

Chefs Choice  
Fruit  
4oz Juice  
Milk

31

