

MAY 2023

LUMMI NATION SCHOOL

BREAKFAST



School Information:



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

FRENCH TOAST
SAUSAGE LINK
YOGURT CUP
BAGEL W/ CREAM CHEESE
FRESH FRUIT AND MILK

1

CEREAL
PARFAITS
CINNAMON ROLL
BAGEL W/ CREAM CHEESE
FRESH FRUIT AND MILK

2

SCRAMBLED EGGS W/
SPAM AND CHEESE
TOAST
BAGEL W/ CREAM CHEESE
FRESH FRUIT AND MILK

3

PANCAKES W/
SAUSAGE
APPLESAUCE CUP
BAGEL W/ CREAM CHEESE
FRESH FRUIT AND MILK

4

Cinco De Mayo
BREAKFAST BURRITO:
EGGS/CHORIZO/ POTATOES
YOGURT CUP
BAGEL W/ CREAM CHEESE
FRESH FRUIT AND MILK

5

WAFFLES W/ SAUSAGE
STRAWBERRY CUP
YOGURT CUPS
BAGEL W/ CREAM CHEESE
FRESH FRUIT AND MILK

8

CEREAL
PARFAITS
BANANA BREAD
BAGEL W/ CREAM CHEESE
FRESH FRUIT AND MILK

9

POTATO BOWL; EGGS
SAUSAGE BITS W/ POTATOES
TOAST
BAGEL W/ CREAM CHEESE
FRESH FRUIT AND MILK

10

FRENCH TOAST
SAUSAGE LINK
YOGURT CUP
BAGEL W/ CREAM CHEESE
FRESH FRUIT AND MILK

11

BISCUIT & GRAVY
HARD BOILED EGGS
YOGURT CUP
BAGEL W/ CREAM CHEESE
FRESH FRUIT AND MILK

12

PANCAKES ON A STICK
APPLESAUCE CUP
YOGURT CUP
BAGEL W/ CREAM CHEESE
FRESH FRUIT AND MILK

15

CEREAL
YOGURT CUP
DONUT
BAGEL W/ CREAM CHEESE
FRESH FRUIT AND MILK

16

SCRAMBLED EGGS W/ HAM
CHEESE AND TOAST
YOGURT CUP
BAGEL W/ CREAM CHEESE
FRESH FRUIT AND MILK

17

WAFFLES W/ SAUSAGE
STRAWBERRY CUPS
YOGURT CUP
BAGEL W/ CREAM CHEESE
FRESH FRUIT AND MILK

18

BREAKFAST FRIED RICE
MUFFINS
YOGURT CUP
BAGEL W/ CREAM CHEESE
FRESH FRUIT AND MILK

19

FRENCH TOAST
SAUSAGE LINK
YOGURT CUP
BAGEL W/ CREAM CHEESE
FRESH FRUIT AND MILK

22

CEREAL
PARFAITS
MUFFINS
BAGEL W/ CREAM CHEESE
FRESH FRUIT AND MILK

23

POTATO BOWL; EGGS
BACON AND CHEESE, TOAST
YOGURT CUP
BAGEL W/ CREAM CHEESE
FRESH FRUIT AND MILK

24

PANCAKES W/ SAUSAGE
APPLESAUCE CUP
YOGURT CUP
BAGEL W/ CREAM CHEESE
FRESH FRUIT AND MILK

25

FISH HASH W/ TOAST
HARD BOILED EGGS
BANANA BREAD
BAGEL W/ CREAM CHEESE
FRESH FRUIT AND MILK

26

Memorial Day

29

NO SCHOOL

CEREAL
YOGURT CUP
DONUT
BAGEL W/ CREAM CHEESE
FRESH FRUIT AND MILK

30

SCRAMBLED EGGS W/
SPAM AND TOAST
YOGURT CUP
BAGEL W/ CREAM CHEESE
FRESH FRUIT AND MILK

31





School Information:



May is National Egg Month. Eggs can be eaten in a salad, as part of a breakfast sandwich, as an omelet, mixed into fried rice or simply boiled, fried, or scrambled. How do you like to eat eggs?

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SPAGHETTI W/ CORN
BREADSTICKS
SANDWICHES
SALAD BAR
FRESH FRUIT AND MILK

1

PIZZA OR
PRETZEL W/ CHEESE
SANDWICHES
SALAD BAR
FRESH FRUIT AND MILK

2

CHICKEN DUMSTICKS
MASHED POTATOES
ROLL AND CORN
SANDWICHES
SALAD BAR
FRESH FRUIT AND MILK

3

SWEET & SOUR
CHICKEN, RICE W/
MIXED VEGGIES
SANDWICHES
SALAD BAR
FRESH FRUIT AND MILK

4

Cinco De Mayo
HAMBURGERS W/ TOTS
BAKED BEANS
SANDWICHES
SALAD BAR
FRESH FRUIT AND MILK

5

MAC & CHEESE W/ HAM
ROLLS
SANDWICHES
SALAD BAR
FRESH FRUIT AND MILK

8

PIZZA OR
PRETZEL W/ CHEESE
SANDWICHES
SALAD BAR
FRESH FRUIT AND MILK

9

CHICKEN NUGGETS
POTATO WEDGES
SANDWICHES
SALAD BAR
FRESH FRUIT AND MILK

10

TOMATO SOUP
CHEESE BREAD
SANDWICHES
SALAD BAR
FRESH FRUIT AND MILK

11

CORNDOGS W/ CHIPS
SANDWICHES
SALAD BAR
FRESH FRUIT AND MILK

12

CHICKEN ALFREDO
BROCCOLI & BREADSTICKS
SANDWICHES
SALAD BAR
FRESH FRUIT AND MILK

15

PIZZA OR
PRETZEL W/ CHEESE
SANDWICHES
SALAD BAR
FRESH FRUIT AND MILK

16

CHICKEN STRIPS
POTATO WEDGES
SANDWICHES
SALAD BAR
FRESH FRUIT AND MILK

17

TERIYAKI CHICKEN
RICE OR CHOW MEIN NOODLE
MIXED VEGGIES
SALAD BAR
FRESH FRUIT AND MILK

18

SALMON OR HAM
W/ RICE AND A ROLL
SANDWICHES
SALAD BAR
FRESH FRUIT AND MILK

19

GOULASH W/ ROLL
CORN
SANDWICHES
SALAD BAR
FRESH FRUIT AND MILK

22

PIZZA OR
PRETZEL W/ CHEESE
SANDWICHES
SALAD BAR
FRESH FRUIT AND MILK

23

POPCORN CHICKEN
MASHED POTATO
SANDWICHES
SALAD BAR
FRESH FRUIT AND MILK

24

NACHO OR BURRITO
REFRIED BEANS & RICE
MEXI CORN
SANDWICHES
SALAD BAR
FRESH FRUIT AND MILK

25

HOT DOGS W/ CHILI
CHIPS
SANDWICHES
SALAD BAR
FRESH FRUIT

26

Memorial Day

29

NO SCHOOL

PIZZA OR
PRETZEL W/ CHEESE
SANDWICHES
SALAD BAR
FRESH FRUIT AND MILK

30

CHICKEN DRUMSTICKS
WEDGES AND A ROLL
SANDWICHES
SALAD BAR
FRESH FRUIT AND MILK

31

