

May 2019

BROOKELAND ISD

BREAKFAST



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday



Tuesday



Wednesday

Thursday

Friday

BREAKFAST PIZZA **6**
CEREAL
FRUIT
MILK
JUICE

EGG OMELET **7**
CEREAL
FRUIT
MILK
JUICE

SAUSAGE ROLL **8**
CEREAL
FRUIT
MILK
JUICE

EGG TACO **9**
CEREAL
FRUIT
JUICE
MILK
JUICE

POP TART **10**
CEREAL
FRUIT
JUICE
MILK

BISCUIT **13**
SAUSAGE PATTY
CEREAL
FRUIT
MILK
JUICE

FRENCH TOAST **14**
CEREAL
FRUIT
MILK
JUICE

SAUSAGE ROLL **15**
CEREAL
FRUIT
MILK
JUICE

EGG OMELET **16**
CEREAL
FRUIT
MILK
JUICE

CINNI MINNI **17**
CEREAL
FRUIT
MILK
JUICE

PANCAKE ON STICK **20**
CEREAL
FRUIT
MILK
JUICE

SAUSAGE ROLL **21**
CEREAL
FRUIT
MILK
JUICE

BREAKFAST PIZZA **22**
CEREAL
FRUIT
MILK
JUICE

SCRAMBLE EGGS **23**
TOAST
CEREAL
FRUIT
MILK
JUICE

HONEY BUN **24**
CEREAL
FRUIT
MILK
JUICE

MEMORIAL DAY **27**

EGG OMELET **28**
CEREAL
FRUIT
MILK
JUICE

SAUSAGE ROLL **29**
CEREAL
FRUIT
MILK
JUICE

FRENCH TOAST **30**
CEREAL
FRUIT
MILK
JUICE

DONUT **31**
CEREAL
FRUIT
MILK
JUICE