

BREAKFAST

May 2014

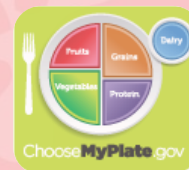
ELEM. MIDDLE & HIGH SCHOOL

Fitness Tip

Ways to Increase Physical Activity:

- Walk, skate, or cycle more, and drive less.
- Do stretches, exercises, or pedal a stationary bike while watching TV.
- Play basketball, softball, or soccer.

Reference: USDA. MyPlate.gov. Internet: <http://www.myplate.gov>.



* **monday**

* **tuesday**

* **wednesday**

* **thursday**

* **friday**

School Information:

CONGRATULATIONS ELL-SALINE GRADUATES!

*May is National Physical Fitness
and Sports Month*

CHICKEN ON A BISCUIT **5**
FRESH FRUIT
FRUIT JUICE CHOICE
MILK CHOICE

WG CINNAMON ROLL **6**
WG CEREAL
FRESH FRUIT
FRUIT JUICE CHOICE
MILK CHOICE

PANCAKE ON A STICK **7**
W/ SYRUP
FRESH FRUIT
FRUIT JUICE CHOICE
MILK CHOICE

WG MUFFIN **8**
WG CEREAL
FRESH FRUIT
FRUIT JUICE CHOICE
MILK CHOICE

POPTART **9**
WG CEREAL
FRESH FRUIT
FRUIT JUICE CHOICE

BREAKFAST PIZZA **12**
FRESH FRUIT
FRUIT JUICE CHOICE
MILK CHOICE

WG CINNAMON ROLL **13**
WG CEREAL
FRESH FRUIT
FRUIT JUICE CHOICE
MILK CHOICE

WG CEREAL **14**
STRING CHEESE
FRESH FRUIT
FRUIT JUICE CHOICE
MILK CHOICE

PANCAKE ON A STICK **15**
W/SYRUP
FRESH FRUIT
FRUIT JUICE CHOICE
MILK CHOICE

WG BREAKFAST PASTRY **16**
FRESH FRUIT
FRUIT JUICE CHOICE
MILK CHOICE

WG CEREAL **19**
COOKS CHOICE
FRESH FRUIT
FRUIT JUICE CHOICE
MILK CHOICE

WG CEREAL **20**
CINNAMON ROLL
FRESH FRUIT
FRUIT JUICE CHOICE
MILK CHOICE

LAST DAY OF SCHOOL **21**
NO BREAKFAST
OR LUNCH TODAY

22
HAVE A SUPER FUN
SUMMER!
Teacher In Service

23
Teacher work day...

26
MEMORIAL DAY :o:
/

27

28

29

30