

BREAKFAST

May 2015

Type Your School Name Here

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:

Type school information here

**May is National Physical Fitness
and Sports Month**

POPART & CEREAL

FRESH FRUIT
FRUIT JUICE
MILK

1

BREAKFAST PIZZA

FRESH FRUIT
FRUIT JUICE
MILK CHOICE

4

EL-Chicken biscuit,

MS/HS Muffins
CEREAL, FRESH FRUIT
JUICE CHOICE
MILK CHOICE

5

CINNAMON ROLL

SYRUP
FRESH FRUIT
JUICE CHOICE,
MILK CHOICE

6

FRUDEL STRUDEL

CEREAL
FRUIT
JUICE CHOICE,
MILK CHOICE

7

BAGEL & CREAM CHEESE

CEREAL
FRESH FRUIT
JUICE CHOICE
MILK CHOICE

8

CEREAL

SAUSAGE PATTY
FRUIT
FRUIT JUICE
MILK CHOICE

11

FOLD & GO TACO

FRUIT
FRUIT JUICE
MILK CHOICE

12

CINNAMON ROLL

CEREAL
FRESH FRUIT
JUICE CHOICE
MILK CHOICE

13

OATMEAL ROUND

CEREAL
FRUIT
JUICE CHOICE,
MILK CHOICE

14

POPART

CEREAL
FRUIT
JUICE CHOICE,
MILK CHOICE

15

COOKS CHOICE

CEREAL
FRUIT
FRUIT JUICE
MILK CHOICE

18

NO BREAKFAST

OR LUNCH TODAY
LAST DAY OF SCHOOL

19

Teacher- In Service day.

20

Teacher Work Day

21

Last Teacher Work Day

22

Happy Summer !

Don't just watch TV.....

25

Have Fun!

Go for a swim ~~~~~

26

Ride bikes with friends or
Family....0~0^

27

Check out the Salina Library
And read in the Sun Shine...

28

Bake some cookies, share
and make a new friend.....

29