BREAKFAST @SCHOOL

For first-class learning!

Lee County Schools 9-12 Menu

Featuring Healthy Fruits & Grains!

BREAKFAST MENU FOR MAY 2017

This institution is an equal opportunity provider. Menu is subject to change.

Monday, May 1	Tuesday, May 2	Wednesday, May 3	Thursday, May 4	Friday, May 5
Sausage & Biscuit French Toast Sticks Assorted Cereals Toaster Pastries Hash Brown Potato Chilled Fruit Assorted Fruit Juices Milk Choice	Brkfst Sausage Pizza Mini Cinnis Assorted Cereals Toaster Pastries Hash Brown Potato Chilled Fruit Assorted Fruit Juices Milk Choice	Bacon, Egg & Cheese Biscuit Mini Pancakes Assorted Cereals Toaster Pastries Hash Brown Potato Chilled Fruit Assorted Fruit Juices Milk Choice	Chicken Patty & Biscuit Yogurt Parfait Assorted Cereals Toaster Pastries Hash Brown Potato Chilled Fruit Assorted Fruit Juices Milk Choice	Pancake Pup Marshmallow Matey's Toaster Pastries Hash Brown Potato Chilled Fruit Assorted Fruit Juices Milk Choice
Monday, May 8	**Tuesday, May 9**	**Wednesday, May 10**	**Thursday, May 11**	**Friday, May 12**
Sausage & Biscuit French Toast Sticks Assorted Cereals Toaster Pastries Hash Brown Potato Chilled Fruit Assorted Fruit Juices Milk Choice	Brkfst Sausage Pizza Mini Cinnis Assorted Cereals Toaster Pastries Hash Brown Potato Chilled Fruit Assorted Fruit Juices Milk Choice	Bacon, Egg & Cheese Biscuit Mini Pancakes Assorted Cereals Toaster Pastries Hash Brown Potato Chilled Fruit Assorted Fruit Juices Milk Choice	Chicken Patty & Biscuit Yogurt Parfait Assorted Cereals Toaster Pastries Hash Brown Potato Chilled Fruit Assorted Fruit Juices Milk Choice	Pancake Pup Marshmallow Matey's Toaster Pastries Hash Brown Potato Chilled Fruit Assorted Fruit Juices Milk Choice

90 MINUTE RULE.

A hot shower before bed helps you sleep better. But there's a catch: make sure to shower ninety minutes before you plan to hit the hay. That way your body will have time to cool down and you'll be primed for the excellent, restful sleep we all need for good health!

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.

WELLNESS IS A WAY OF LIFE!

First things First

Choose at least ONE serving of FRUIT and at least THREE items TOTAL so your meal counts as a Complete Breakfast!

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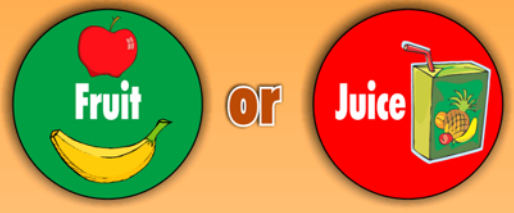
Monday, May 15	Tuesday, May 16	Wednesday, May 17	Thursday, May 18	Friday, May 19
Sausage & Biscuit French Toast Sticks Assorted Cereals Toaster Pastries Hash Brown Potato Chilled Fruit Assorted Fruit Juices Milk Choice	Brkfst Sausage Pizza Breakfast Burrito Assorted Cereals Toaster Pastries Hash Brown Potato Chilled Fruit Assorted Fruit Juices Milk Choice	Bacon, Egg & Cheese Biscuit Mini Pancakes Assorted Cereals Toaster Pastries Hash Brown Potato Chilled Fruit Assorted Fruit Juices Milk Choice	Manager's Choice Assorted Cereals Toaster Pastries Hash Brown Potato Chilled Fruit Assorted Fruit Juices Milk Choice	Manager's Choice Marshmallow Matey's Toaster Pastries Hash Brown Potato Chilled Fruit Assorted Fruit Juices Milk Choice

First things First

To make a breakfast, choose at least one



LEE COUNTY SCHOOLS

Monday, May 22
Manager's Choice **60% Day**

Breakfast Bites!

The first cold breakfast cereal was invented more than 150 years ago in the town of Dansville in New York State. The cereal was called "Granula," and it never really caught on. It might have failed because it wasn't exactly a convenience food – the dense nuggets of bran and graham **had to be soaked overnight before they were soft enough to chew!**

Monday, May 29