

MAY 2024

Belmont -Harrison Career Centers

BREAKFAST



School Information: : THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER. MENU SUBJECT TO CHANGE WITHOUT NOTICE.



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



WAFFLES 6
FRUIT, YOGURT
MILK, JUICE

FRENCH TOAST 7
FRUIT, YOGURT
MILK, JUICE

ASSORTED MUFFINS 8
FRUIT, YOGURT
MILK, JUICE

PARFAITS 9
FRUIT, YOGURT
MILK, JUICE

CINNAMON ROLLS 10
FRUIT, YOGURT
MILK, JUICE

SCRAMBLED EGGS 13
BAGEL OR BISCUIT
FRUIT, YOGURT
MILK, JUICE

TEXAS APPLE 14
CINNAMON
TOASTFRUIT,
YOGURT
MILK, JUICE

PANCAKE WRAPS 15
FRUIT, YOGURT
MILK, JUICE

PARFAITS 16
FRUIT, YOGURT
MILK, JUICE

DONUT OR DONUT 17
HOLES
FRUIT, YOGURT
MILK, JUICE

STRAWBERRY BAGELS 20
FRUIT, YOGURT
MILK, JUICE

FRUELS OR 21
CARAMEL MINI
BAGELS
FRUIT, YOGURT
MILK, JUICE

BANANA OR 22
BLUEBERRY BREAD
FRUIT, YOGURT
MILK, JUICE

COOK'S CHOICE 23
FRUIT, YOGURT
MILK, JUICE

24

Memorial Day 27

28

29

30

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