

MAY 2024

Arts Academy in the Woods

BREAKFAST



School Information: 1% flavored and unflavored milk and 100% juice available daily



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



Cereal (24)
String Cheese (21)
Pop Tarts (73)
Mandarin Oranges (17)
Pineapple Tidbits (16)

1

Cereal (24)
String Cheese (21)
Banana Bread (45)
Applesauce (14)
Peaches (18)

2

Cereal (24)
String Cheese (21)
Powdered Donuts (42)
Mandarin Oranges (17)
Peaches (18)

3

Cereal (24)
String Cheese (22)
Pop Tarts (73)
Mandarin Oranges (17)
Pineapple Tidbits (16)

6

Cereal (24)
String Cheese (21)
Banana Bread (45)
Applesauce (14)
Peaches (18)

7

Cereal (24)
String Cheese (21)
Powdered Donuts (42)
Mandarin Oranges (17)
Pineapple Tidbits (16)

8

Cereal (24)
String Cheese (21)
Banana Bread (45)
Applesauce (14)
Peaches (18)

9

Cereal (24)
String Cheese (21)
Powdered Donuts (42)
Mandarin Oranges (17)
Peaches (18)

10

Cereal (24)
String Cheese (21)
Pop Tarts (73)
Mandarin Oranges (17)
Pineapple Tidbits (16)

13

Cereal (24)
String Cheese (21)
Banana Bread (45)
Applesauce (14)
Peaches (18)

14

Cereal (24)
String Cheese (21)
Powdered Donuts (42)
Mandarin Oranges (17)
Pineapple Tidbits (16)

15

Cereal (24)
String Cheese (21)
Banana Bread (45)
Applesauce (14)
Peaches (18)

16

**NO SCHOOL
PROFESSIONAL
DEVELOPMENT DAY
FOR TEACHERS**

17

Cereal (24)
String Cheese (21)
Pop Tarts (73)
Mandarin Oranges (17)
Pineapple Tidbits (16)

20

Cereal (24)
String Cheese (21)
WG Smores Bar (42)
Applesauce (14)
Peaches (18)

21

Cereal (24)
String Cheese (21)
Pop Tarts (73)
Mandarin Oranges (17)
Pineapple Tidbits (16)

22

Cereal (24)
String Cheese (21)
Banana Bread (45)
Applesauce (14)
Peaches (18)

23

**NO SCHOOL
MEMORIAL DAY
BREAK**

24

**MEMORIAL DAY
NO SCHOOL**

27

Cereal (24)
String Cheese (21)
WG Smores Bar (42)
Applesauce (14)
Peaches (18)

28

Cereal (24)
String Cheese (21)
Pop Tarts (73)
Mandarin Oranges (17)
Pineapple Tidbits (16)

29

Cereal (24)
String Cheese (21)
Banana Bread (45)
Applesauce (14)
Peaches (18)

30

Cereal (24)
String Cheese (21)
Powdered Donuts (42)
Mandarin Oranges (17)
Peaches (18)

31