

MAY 2023

Flat River Academy

BREAKFAST



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Cinnamon Pop Tart **1**
Cereal/Nutri Bar
Pears
Grape Juice
Choice of Milk

Trix Bar **2**
Cereal/Nutri Bar
Mixed Fruit
Apple Juice
Choice of Milk

Strawberry Bagel **3**
Cereal/Nutri Bar
Peaches
Fruit Punch
Choice of Milk

Chocolate Muffin **4**
Cereal/Nutri Bar
Mandarin Oranges
Apple Juice
Choice of Milk

Cinnamon Toast Crunch **5**
Cereal/Nutri Bar
Pineapple
Berry Juice
Choice of Milk

Fudge Pop Tart **8**
Cereal/Nutri Bar
Pears
Grape Juice
Choice of Milk

Waffle **9**
Cereal/Nutri Bar
Mixed Fruit
Apple Juice
Choice of Milk

Cinnamon Bagel **10**
Cereal/Nutri Bar
Peaches
Fruit Punch
Choice of Milk

Blueberry Muffin **11**
Cereal/Nutri Bar
Mandarin Oranges
Apple Juice
Choice of Milk

Powdered Donuts **12**
Cereal/Nutri Bar
Pineapple
Berry Juice
Choice of Milk

Cinnamon Pop Tart **15**
Cereal/Nutri Bar
Pears
Grape Juice
Choice of Milk

Trix Bar **16**
Cereal/Nutri Bar
Mixed Fruit
Apple Juice
Choice of Milk

Strawberry Bagel **17**
Cereal/Nutri Bar
Peaches
Fruit Punch
Choice of Milk

Chocolate Muffin **18**
Cereal/Nutri Bar
Mandarin Oranges
Apple Juice
Choice of Milk

Cinnamon Toast Crunch **19**
Cereal/Nutri Bar
Pineapple
Berry Juice
Choice of Milk

Fudge Pop Tart **22**
Cereal/Nutri Bar
Pears
Grape Juice
Choice of Milk

Waffle **23**
Cereal/Nutri Bar
Mixed Fruit
Apple Juice
Choice of Milk

Cinnamon Bagel **24**
Cereal/Nutri Bar
Peaches
Fruit Punch
Choice of Milk

Blueberry Muffin **25**
Cereal/Nutri Bar
Mandarin Oranges
Apple Juice
Choice of Milk

Powdered Donuts **26**
Cereal/Nutri Bar
Pineapple
Berry Juice
Choice of Milk

Memorial Day **29**
No School

Trix Bar **30**
Cereal/Nutri Bar
Mixed Fruit
Apple Juice
Choice of Milk

Strawberry Bagel **31**
Cereal/Nutri Bar
Peaches
Fruit Punch
Choice of Milk

