



# Rise & Shine With Nutri-Serve!

## May Breakfast Menu Mary Ethel Costello

Breakfast Includes: Milk & Fruit

**Daily Alternates:**  
Cereal & Crackers  
Pillsbury Bagel & Cream Cheese

We use the healthier whole grain versions of your breakfast favorites!

### Did you know?!?

Eating within two hours of waking up jumpstarts your metabolism ~ the rate at which your body burns calories!

Monday-May 1	Tuesday-May 2	Wednesday-May 3	Thursday-May 4	Friday-May 5
<b>French Toast Sticks</b> w/ Syrup <u>Sides:</u> <i>Fruit: Fresh/Cupped/Juice</i> Milk Choice	<b>Mini Pancakes</b> w/ Syrup <u>Sides:</u> <i>Fruit: Fresh/Cupped/Juice</i> Milk Choice	<b>Sausage, Egg &amp; Cheese</b> On a Bagel <u>Sides:</u> <i>Fruit: Fresh/Cupped/Juice</i> Milk Choice	<b>Chocolate Chip Muffin</b> <u>Sides:</u> <i>Fruit: Fresh/Cupped/Juice</i> Milk Choice	<b>Cinnamon Roll</b> Cinnamon Swirl <u>Sides:</u> <i>Fruit: Fresh/Cupped/Juice</i> Milk Choice
Monday-May 8	Tuesday-May 9	Wednesday-May 10	Thursday-May 11	Friday-May 12
<b>French Toast Sticks</b> w/ Syrup <u>Sides:</u> <i>Fruit: Fresh/Cupped/Juice</i> Milk Choice	<b>Mini Pancakes</b> w/ Syrup <u>Sides:</u> <i>Fruit: Fresh/Cupped/Juice</i> Milk Choice	<b>Sausage, Egg &amp; Cheese</b> On a Bagel <u>Sides:</u> <i>Fruit: Fresh/Cupped/Juice</i> Milk Choice	<b>Chocolate Chip Muffin</b> <u>Sides:</u> <i>Fruit: Fresh/Cupped/Juice</i> Milk Choice	<b>Cinnamon Roll</b> Cinnamon Swirl <u>Sides:</u> <i>Fruit: Fresh/Cupped/Juice</i> Milk Choice
Monday-May 15	Tuesday-May 16	Wednesday-May 17	Thursday-May 18	Friday-May 19
<b>French Toast Sticks</b> w/ Syrup <u>Sides:</u> <i>Fruit: Fresh/Cupped/Juice</i> Milk Choice	<b>Mini Pancakes</b> w/ Syrup <u>Sides:</u> <i>Fruit: Fresh/Cupped/Juice</i> Milk Choice	<b>Sausage, Egg &amp; Cheese</b> On a Bagel <u>Sides:</u> <i>Fruit: Fresh/Cupped/Juice</i> Milk Choice	<b>Chocolate Chip Muffin</b> <u>Sides:</u> <i>Fruit: Fresh/Cupped/Juice</i> Milk Choice	<b>Cinnamon Roll</b> Cinnamon Swirl <u>Sides:</u> <i>Fruit: Fresh/Cupped/Juice</i> Milk Choice
Monday-May 22	Tuesday-May 23	Wednesday-May 24	Thursday-May 25	Friday-May 26
<b>French Toast Sticks</b> w/ Syrup <u>Sides:</u> <i>Fruit: Fresh/Cupped/Juice</i> Milk Choice	<b>Mini Pancakes</b> w/ Syrup <u>Sides:</u> <i>Fruit: Fresh/Cupped/Juice</i> Milk Choice	<b>Sausage, Egg &amp; Cheese</b> On a Bagel <u>Sides:</u> <i>Fruit: Fresh/Cupped/Juice</i> Milk Choice	<b>Chocolate Chip Muffin</b> <u>Sides:</u> <i>Fruit: Fresh/Cupped/Juice</i> Milk Choice	<b>Cinnamon Roll</b> Cinnamon Swirl <u>Sides:</u> <i>Fruit: Fresh/Cupped/Juice</i> Milk Choice
Monday-May 29	Tuesday-May 30	Wednesday-May 31	<b>Prices: Regular: \$1.00 Reduced: \$0.30 ~</b> <b>Milk: \$0.50</b> *Menu subject to change Food Service Director: Marlene Monroe ~ GLC@nsfm.com ~ Phone: 856-456-7000 ext 1526 <b>If you receive free or reduced lunch your are eligible for free and reduced breakfast!</b>	
<b>Memorial Day</b> <b>No School</b>	<b>Mini Pancakes</b> w/ Syrup <u>Sides:</u> <i>Fruit: Fresh/Cupped/Juice</i> Milk Choice	<b>Sausage, Egg &amp; Cheese</b> On a Bagel <u>Sides:</u> <i>Fruit: Fresh/Cupped/Juice</i> Milk Choice		

## New Items!



Apple Bites



Choc. Chip Muffin



Mini Bagels



Crunch Mania



Cinnamon Roll



This institution is an equal opportunity provider.