

BREAKFAST

May 2013

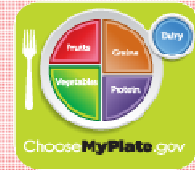
Prairie du Chien School District

Fitness Tip

Ways to Increase Physical Activity:

- Walk, skate, or cycle more, and drive less.
- Do stretches, exercises, or pedal a stationary bike while watching TV.
- Play basketball, softball, or soccer.

Reference: USDA. MyPlate.gov. Internet: <http://www.myplate.gov>.



✿ **monday**

✿ **tuesday**

✿ **wednesday**

✿ **thursday**

✿ **friday**

School Information:

1% White and Skim Chocolate Milk offered with breakfast.
Breakfast served daily -7:30-7:55 at all schools.

**May is National Physical Fitness
and Sports Month**

6
FRENCH TOAST STICKS
SAUSAGE LINKS
FRUIT
JUICE CHOICE

7
CEREAL CHOICE
DONUT
FRUIT
JUICE CHOICE

8
CHEESE OMELET
TOAST/JELLY/PB
FRUIT
JUICE CHOICE

9
WAFFLES
SYRUP
FRUIT
JUICE CHOICE

10
SAUSAGE, EGG &
CHEESE BISCUIT
FRUIT
JUICE CHOICE

13
PANCAKES
SYRUP
APPLESAUCE
JUICE CHOICE

14
CEREAL CHOICE
CINNAMON ROLL
FRUIT
JUICE CHOICE

15
SCRAMBELED EGGS
TOAST/JELLY/PB
FRUIT
JUICE CHOICE

16
FRENCH TOAST STICKS
SAUSAGE LINKS
FRUIT
JUICE CHOICE

17
BURRITO/SALSA
OR CEREAL CHOICE
FRUIT
JUICE CHOICE

20
CINNAMON FR. TST.
SYRUP
FRUIT
JUICE CHOICE

21
CEREAL CHOICE
DANISH
FRUIT
JUICE CHOICE

22
CHEESE OMELET
TOAST/JELLY/PB
FRUIT
JUICE CHOICE

23
BREAKFAST PIZZA
OR CEREAL CHOICE
FRUIT
JUICE CHOICE

24
BACON, EGG &
CHEESE BISCUIT
FRUIT
JUICE CHOICE

27
NO SCHOOL!

28
WAFFLE STICKS
SYRUP
FRUIT
JUICE CHOICE

29
CEREAL CHOICE
POP-TART
FRUIT
JUICE CHOICE

30
PANCAKES
SYRUP
APPLESAUCE
JUICE CHOICE

31
SCRAMBLED EGGS
TOAST/JELLY/PB
FRUIT
JUICE CHOICE