

# May 2019

## Logan-Magnolia School

### BREAKFAST



Toast & Cereal and Poptart & Yogurt are offered with Juice, Milk and Fruit daily. Menu items subject to change. **EQUAL OPPORTUNITY EMPLOYER**



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



### Monday



### Tuesday



### Wednesday

### Thursday

### Friday

6

WG Muffin

7

WG Bagel

8

WG Biscuit & Gravy

9

Sausage, Egg, Cheese on WG Biscuit

10

Grab & Go

13

Breakfast Bake wWG Toast

14

WG Sausage on a Stick

15

WG Pizza

16

WG Breakfast Wrap

17

Grab & Go

20

Grab & Go

21

Grab & Go

22

Grab & Go

23

Grab & Go

24

Grab & Go (Elem only)

27

28

29

30

31