

# Grand School District

## HMK BREAKFAST

| Monday   | Tuesday   | Wednesday  | Thursday  | Friday  |
|--|---|--|---|---|
|  | May - 1<br><br>PANCAKE W.G.<br>CEREAL/TOAST<br>STRAWBERRY CUPS<br>JUICE VARIETY HMK<br>MILK,Skim<br>MILK<br>SYRUP<br>HAM          | May - 2<br><br>CEREAL VARIETY<br>MUFFIN<br>JUICE VARIETY HMK<br>ORANGE<br>MILK<br>MILK,Skim                          | May - 3<br><br>FRENCH TOAST STK<br>APPLES SLICES<br>JUICE VARIETY HMK<br>MILK,Skim<br>MILK<br>SYRUP<br>SAUSAGE k-1  | May - 4<br><br>EGGS & CHEESE<br>CEREAL BRAN FLAK<br>TOAST<br>HASH BROWNS<br>STRAWBERRIES<br>JUICE VARIETY HMK<br>MILK<br>MILK,Skim<br>JELLY |
| May - 7<br><br>PB & HNY SAND.V<br>CEREAL/TOAST<br>YOGURT, TRIX<br>CANTALOUPE<br>JUICE VARIETY HMK<br>MILK<br>MILK,Skim         | May - 8<br><br>WAFFLE, AUNT JEMI<br>CEREAL BRAN FLAK<br>STRAWBERRY CUPS<br>JUICE VARIETY HMK<br>HAM<br>SYRUP<br>MILK,Skim<br>MILK | May - 9<br><br>CEREAL VARIETY<br>CINN. TOAST<br>STRING CHEESE V<br>JUICE VARIETY HMK<br>ORANGE<br>MILK<br>MILK,Skim  | May - 10<br><br>FRENCH TOAST STK<br>APPLES SLICES<br>JUICE VARIETY HMK<br>MILK,Skim<br>MILK<br>SYRUP<br>SAUSAGE k-1 | May - 11<br><br>BISCUIT N SAUSAGE<br>CEREAL/TOAST<br>JUICE VARIETY HMK<br>BANANA<br>MILK<br>MILK,Skim                                       |
| May - 14<br><br>PANCAKE W.G.<br>CEREAL/TOAST<br>STRAWBERRY CUPS<br>JUICE VARIETY HMK<br>MILK,Skim<br>MILK<br>SYRUP<br>HAM      | May - 15<br><br>CINNAMON ROLLS W<br>PEANUT BUTTER CU<br>APPLES & CELERY<br>JUICE VARIETY HMK<br>MILK<br>MILK,Skim                 | May - 16<br><br>CEREAL VARIETY<br>BREAKFAST CAKE<br>JUICE VARIETY HMK<br>ORANGE<br>MILK<br>MILK,Skim                 | May - 17<br><br>FRENCH TOAST STK<br>APPLES SLICES<br>JUICE VARIETY HMK<br>MILK,Skim<br>MILK<br>SYRUP<br>SAUSAGE k-1 | May - 18<br><br>EGGS & CHEESE<br>CEREAL BRAN FLAK<br>TOAST<br>HASH BROWNS<br>BANANA<br>JUICE VARIETY HMK<br>MILK<br>MILK,Skim<br>JELLY      |
| May - 21<br><br>WAFFLE, AUNT JEMI<br>CEREAL/TOAST<br>STRAWBERRY CUPS<br>JUICE VARIETY HMK<br>MILK,Skim<br>MILK<br>SYRUP<br>HAM | May - 22<br><br>PIZZA STICK<br>YOGURT, TRIX<br>PEAR<br>JUICE VARIETY HMK<br>MILK<br>MILK,Skim                                     | May - 23<br><br>CEREAL VARIETY<br>CINN. TOAST<br>STRING CHEESE V<br>JUICE VARIETY HMK<br>ORANGE<br>MILK<br>MILK,Skim | May - 24<br><br>FRENCH TOAST STK<br>APPLES SLICES<br>JUICE VARIETY HMK<br>MILK,Skim<br>MILK<br>SYRUP<br>SAUSAGE k-1 | May - 25<br><br>CEREAL VARIETY<br>DONUT<br>STRING CHEESE V<br>JUICE VARIETY HMK<br>BANANA<br>MILK<br>MILK,Skim                              |
| May - 28<br><br>HOLIDAY  | May - 29<br><br>PANCAKE W.G.<br>CEREAL/TOAST<br>STRAWBERRY CUPS<br>JUICE VARIETY HMK<br>MILK,Skim<br>MILK<br>SYRUP<br>HAM         | May - 30<br><br>CEREAL VARIETY<br>BREAKFAST CAKE<br>JUICE VARIETY HMK<br>ORANGE<br>MILK<br>MILK,Skim                 | May - 31<br><br>FRENCH TOAST STK<br>APPLES SLICES<br>JUICE VARIETY HMK<br>MILK,Skim<br>MILK<br>SYRUP<br>SAUSAGE k-1 |   |

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient.

\* - denotes combined nutrient totals with either missing or incomplete nutrient data.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.