



Mount Olive Elementary Schools

May 2018

Get a Healthy Start to Your Day with School Breakfast!

Available Daily:
Assorted Cereals served with
Graham Crackers
Assorted Fruit
100% Juice Selection
Milk Selection

Did you know, if you are approved for free or reduced lunch, you are also eligible for breakfast!

Student Breakfast \$2.00

Adult Breakfast \$3.00


Reduced Breakfast \$0.30

NUTRITION NEWS:

May is here which means it is officially National BBQ Month and time to grill outside in the warm weather! Try something different this season by grilling more than just some burgers and hot dogs. Consider grilling seasoned whole ears of corn and skewered vegetables kabobs for a fun family side dish. Also don't be afraid to grill summer market fruits like peaches, strawberries, and apples for a sweet treat!

take time for
**school
BREAKFAST**



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Berry Rice Krispie Cereal Bar with Low Fat Yogurt Assorted Fruit 100% Fruit Juice Milk Selection	2 Bagel with Cream Cheese Assorted Fruit 100% Fruit Juice Milk Selection	3 Assorted Muffins with Yogurt Assorted Fruit 100% Fruit Juice Milk Selection	4 Bagel with Cream Cheese Assorted Fruit 100% Fruit Juice Milk Selection
7 Assorted Muffins with Cheese Stick Assorted Fruit 100% Fruit Juice Milk Selection	8 Berry Rice Krispie Cereal Bar with Low Fat Yogurt Assorted Fruit 100% Fruit Juice Milk Selection	9 Bagel with Cream Cheese Assorted Fruit 100% Fruit Juice Milk Selection	10 Assorted Muffins with Yogurt Assorted Fruit 100% Fruit Juice Milk Selection	11 Bagel with Cream Cheese Assorted Fruit 100% Fruit Juice Milk Selection
14 Assorted Muffins with Cheese Stick Assorted Fruit 100% Fruit Juice Milk Selection	15 Berry Rice Krispie Cereal Bar with Low Fat Yogurt Assorted Fruit 100% Fruit Juice Milk Selection	16 Bagel with Cream Cheese Assorted Fruit 100% Fruit Juice Milk Selection	17 Assorted Muffins with Yogurt Assorted Fruit 100% Fruit Juice Milk Selection	18 Bagel with Cream Cheese Assorted Fruit 100% Fruit Juice Milk Selection
21 Assorted Muffins with Cheese Stick Assorted Fruit 100% Fruit Juice Milk Selection	22 Berry Rice Krispie Cereal Bar with Low Fat Yogurt Assorted Fruit 100% Fruit Juice Milk Selection	23 Bagel with Cream Cheese Assorted Fruit 100% Fruit Juice Milk Selection	24 Assorted Muffins with Yogurt Assorted Fruit 100% Fruit Juice Milk Selection	25 Bagel with Cream Cheese Assorted Fruit 100% Fruit Juice Milk Selection
28 Memorial Day  School Closed	29 Berry Rice Krispie Cereal Bar with Low Fat Yogurt Assorted Fruit 100% Fruit Juice Milk Selection	30 Bagel with Cream Cheese Assorted Fruit 100% Fruit Juice Milk Selection	31 Assorted Muffins with Yogurt Assorted Fruit 100% Fruit Juice Milk Selection	

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MENU SUBJECT
TO CHANGE


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