



May 2015

Breakfast

Colonial Preparatory Academy

Monday	Tuesday	Wednesday	Thursday	Friday
April 27, 2015	April 28, 2015	April 29, 2015	April 30, 2015	May 1, 2015
				MINI WHEATS LITTLE BITES Graham Crackers Fresh Apple Choice of Milk
May 4, 2015	May 5, 2015	May 6, 2015	May 7, 2015	May 8, 2015
FROSTED FLAKES (LOW SUGAR) Animal Grahams Raisins Apple-Cranberry Juice Choice of Milk	FROOT LOOPS REDUCED SUGAR Strawberry Waffle Crackers Diced Peaches Orange Juice Choice of Milk	APPLE JACKS REDUCED SUGAR Graham Crackers Fresh Apple Choice of Milk	ENGLISH MUFFIN Fresh Orange Blended Fruit Juice Assorted Jelly Choice of Milk	MOZZARELLA STRING CHS(160/1OZ) Banana Muffin Fresh Apple Assorted Jelly Choice of Milk
May 11, 2015	May 12, 2015	May 13, 2015	May 14, 2015	May 15, 2015
CHEERIOS Apple Waffle Crackers Raisins Grape Juice Choice of Milk	MINI WHEATS LITTLE BITES Animal Grahams Pineapple Tidbits Blended Fruit Juice Choice of Milk	STRAWBERRY YOGURT Blueberry Muffin Fresh Apple Assorted Jelly Choice of Milk	IND. WRAPPED ENGLISH MUFFIN(40) Fresh Banana Grape Juice Assorted Jelly Choice of Milk	FROOT LOOPS REDUCED SUGAR Spiced Grahams Fresh Apple Choice of Milk
May 18, 2015	May 19, 2015	May 20, 2015	May 21, 2015	May 22, 2015
RAISIN BRAN Apple Waffle Crackers Blended Fruit Juice Raisins Choice of Milk	IND. WRAPPED ENGLISH MUFFIN(40) Diced Pears Grape Juice Assorted Jelly Choice of Milk	FROOT LOOPS REDUCED SUGAR Animal Grahams Mixed Fruit Cup Apple-Cranberry Juice Choice of Milk	CINNAMON FLAKES REDUCED SUGAR Graham Crackers Fresh Orange Grape Juice Assorted Jelly Choice of Milk	MOZZARELLA STRING CHS(160/1OZ) Banana Muffin Fresh Apple Assorted Jelly Choice of Milk
May 25, 2015	May 26, 2015	May 27, 2015	May 28, 2015	May 29, 2015
	RICE CHEX Apple Waffle Crackers Blended Fruit Juice Raisins Choice of Milk	STRAWBERRY YOGURT Blueberry Muffin Fresh Apple Assorted Jelly Choice of Milk	FROSTED FLAKES (LOW SUGAR) WG Mini Wafer Fresh Banana Grape Juice Choice of Milk	APPLE JACKS REDUCED SUGAR Graham Crackers Fresh Apple Choice of Milk

**** ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK.

*** MENU SUBJECT TO CHANGE.

*** USDA is an equal opportunity provider and employer.

May is National Physical Fitness Month... Check out the fitness tips below!

Water is your friend – the harder and longer you work out, the more you need to hydrate. Fun Fact: Did you know that 70% of your body is made of water? Make sure to replace whatever water you sweat out after each workout- your body needs it! source: heart.org

