



BREAKFAST @SCHOOL

For first-class learning!
THOMAS HOLTZMAN ELEMENTARY SCHOOL

Featuring
 Healthy Fruits
 & Grains!

BREAKFAST MENU FOR MAY 2018

This institution is an equal opportunity provider and employer.

Tuesday, May 1

Mini Maple Pancakes

Mixed Fruit

Chef's Choice Fruit

Assorted Milk

Wednesday, May 2

Mini Bagels w/Cinnamon Cream Cheese

Sliced Pears

100% Fruit Juice Cup

Assorted Milk

Thursday, May 3

Apple Frudel

Banana

Chef's Choice Fruit

Assorted Milk

Friday, May 4

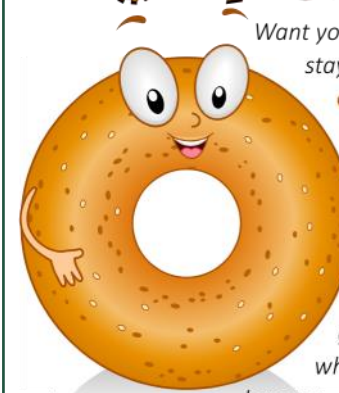
Cereal Bowl

Chilled Peaches

Chef's Choice Fruit

Assorted Milk

Breakfast Bites!



Want your breakfast to help you stay full longer? Eat a

combination of healthy fruits, whole grains, protein, and fat!

Examples:

ham and egg on whole grain English muffin with grapes and milk or whole grain cereal with banana and a hard-boiled egg.

Monday, May 7

Apple Cinnamon Muffin

Mixed Fruit

100% Fruit Juice Cup

Assorted Milk

Tuesday, May 8

Warm Biscuit w/Butter & Jelly

Chilled Peaches

Chef's Choice Fruit

Assorted Milk

Wednesday, May 9

Mini Berry French Toast

Cup of Grapes

100% Fruit Juice Cup

Assorted Milk

Thursday, May 10

Grape Jelly Filled Crescent Roll

Banana

Chef's Choice Fruit

Assorted Milk

Friday, May 11

Cereal Bar & Trix Yogurt Cup

Applesauce

Chef's Choice Fruit

Assorted Milk

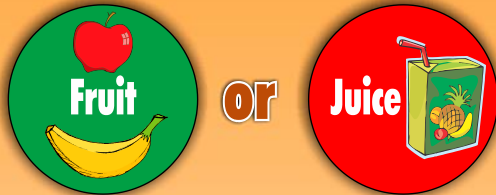
First things First

Choose at least **ONE** serving of **FRUIT** and at least **THREE** items **TOTAL** so your meal counts as a **Complete Breakfast!**

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First things First

To make a breakfast, choose at least one



or



and at least three items total

SUSQUEHANNA TOWNSHIP SCHOOL DIST.
FOOD SERVICES

Monday, May 14	Tuesday, May 15	Wednesday, May 16	Thursday, May 17	Friday, May 18
Banana Loaf	No School	Mini Bagels w/Strawberry Cream Cheese	Mini Blueberry Waffles	Cereal Bowl
Mixed Fruit	Professional Development	Orange Smiles	Banana	Chilled Peaches
100% Fruit Juice Cup		100% Fruit Juice Cup	Chef's Choice Fruit	Chef's Choice Fruit
Assorted Milk		Assorted Milk	Assorted Milk	Assorted Milk

Monday, May 21	Tuesday, May 22	Wednesday, May 23	Thursday, May 24	Friday, May 25
Blueberry Loaf	Mini Cinnamon Rolls	Funnel Cake Waffles	Chocolate Filled Crescent Roll	Cereal Bar & Trix Yogurt Cup
Mixed Fruit	Applesauce	Cup of Grapes	Banana	Chilled Peaches
100% Fruit Juice Cup	Chef's Choice Fruit	100% Fruit Juice Cup	Chef's Choice Fruit	Chef's Choice Fruit
Assorted Milk	Assorted Milk	Assorted Milk	Assorted Milk	Assorted Milk

TIME TO BLOSSOM.
The flowers are coming out of hiding – and so should you! That resolution to exercise more that seemed so hard in the cold light of January is much more do-able as the weather warms!

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Monday, May 28

MEMORIAL DAY
NO SCHOOL TODAY

Tuesday, May 29	Wednesday, May 30	Thursday, May 31
Chocolate Chip Muffin	Mini Bagels w/Cinnamon Cream Cheese	Mini Maple Pancakes
Mixed Fruit	Sliced Pears	Banana
Chef's Choice Fruit	100% Fruit Juice Cup	Chef's Choice Fruit
Assorted Milk	Assorted Milk	Assorted Milk