

Sunflowers/Arcadia Academy Breakfast Program

presented by Greater Miami Caterers, Inc.

May 2019

This menu is Dietician Approved
to meet NSLP & CCFP.

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 MANDARIN ORANGES FRUIT JUICE WHOLE GRAIN BANANA MUFFIN ENRICHED WHOLE GRAIN COLD CEREAL	2 DICED PEARS FRUIT JUICE WHOLE WHEAT ENGLISH MUFFIN, EGG & CHEESE SANDWICH	3 PINEAPPLE TIDBITS FRUIT JUICE WHOLE GRAIN CORN MUFFIN ENRICHED WHOLE GRAIN COLD CEREAL JELLY
	6 FRESH ORANGE FRUIT JUICE WHOLE GRAIN BLUEBERRY MUFFIN ENRICHED WHOLE GRAIN COLD CEREAL	7 FRESH APPLE FRUIT JUICE WHOLE GRAIN FRENCH TOAST SYRUP	8 PINEAPPLE TIDBITS FRUIT JUICE WHOLE WHEAT ENGLISH MUFFIN ENRICHED WHOLE GRAIN COLD CEREAL JELLY	9 FRESH BANANA FRUIT JUICE WHOLE GRAIN WAFFLES SYRUP	10 FRESH MELON (DOUBLE PORTION) WHOLE GRAIN BAGEL LOW-FAT CREAM CHEESE
	13 MANDARIN ORANGES FRUIT JUICE WHOLE GRAIN CEREAL FRUIT BAR LOW-FAT YOGURT	14 PINEAPPLE TIDBITS FRUIT JUICE WHOLE GRAIN PANCAKES SYRUP	15 DICED PEACHES FRUIT JUICE WHOLE WHEAT CINNAMON RAISIN BREAD ENRICHED WHOLE GRAIN COLD CEREAL MARGARINE	16 DICED PEARS FRUIT JUICE WHOLE GRAIN BISCUIT, TURKEY SAUSAGE & CHEESE SANDWICH	17 FRESH BANANA FRUIT JUICE WHOLE GRAIN BLUEBERRY MUFFIN ENRICHED WHOLE GRAIN COLD CEREAL
	20 FRESH APPLE FRUIT JUICE WHOLE WHEAT ENGLISH MUFFIN ENRICHED WHOLE GRAIN COLD CEREAL MARGARINE	21 FRESH ORANGE FRUIT JUICE WHOLE GRAIN BAGEL, EGG & CHEESE SANDWICH	22 FRESH MELON (DOUBLE PORTION) WHOLE GRAIN OAT BRAN MUFFIN ENRICHED WHOLE GRAIN COLD CEREAL	23 FRESH BANANA FRUIT JUICE WHOLE GRAIN FRENCH TOAST SYRUP	24 DICED PEARS FRUIT JUICE WHOLE GRAIN BISCUIT ENRICHED WHOLE GRAIN COLD CEREAL JELLY
	27 SCHOOL CLOSED	28 DICED PEACHES FRUIT JUICE WHOLE GRAIN WAFFLE SYRUP	29 MANDARIN ORANGES FRUIT JUICE WHOLE GRAIN BANANA MUFFIN ENRICHED WHOLE GRAIN COLD CEREAL	30 DICED PEARS FRUIT JUICE WHOLE WHEAT ENGLISH MUFFIN, EGG & CHEESE SANDWICH	31 PINEAPPLE TIDBITS FRUIT JUICE WHOLE GRAIN CORN MUFFIN ENRICHED WHOLE GRAIN COLD CEREAL JELLY
ALL MEALS ARE SERVED WITH SKIM MILK OR 1% LOW FAT MILK (YOUR CHOICE)					