

MAY 2025

St. John's Lutheran School

BREAKFAST



School Information: *WG =Whole Grain.
*This institution is an equal opportunity provider.
1 percent milk provided daily.



Nutrition Tip: Get started cooking more often at home: If you don't usually cook, start gradually. Make it a goal to cook once a week and work up to cooking more often.

Reference: USDA MyPlate



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



WG Mini Cinni
Yogurt
Fruit Cup
Juice Cup
Milk

5

WG Pancakes
String Cheese
Fruit Cup
Juice Cup
Milk

6

WG Assorted Cereal
Yogurt
Fruit Cup
Juice Cup
Milk

7

WG Assorted Muffins
Yogurt
Fruit Cup
Juice Cup
Milk

1

WG Breakfast Pizza
Bagel
Fruit Cup
Juice Cup
Milk

2

WG Assorted Muffins
Yogurt
Fruit Cup
Juice Cup
Milk

12

WG Breakfast Pizza
Bagel
Fruit Cup
Juice Cup
Milk

13

WG Pancakes
String Cheese
Fruit Cup
Juice Cup
Milk

14

WG Mini Cinni
Yogurt
Fruit Cup
Juice Cup
Milk

15

WG Assorted Cereal
Yogurt
Fruit Cup
Juice Cup
Milk

16

WG Pancakes
String Cheese
Fruit Cup
Juice Cup
Milk

19

WG Mini Cinni
Yogurt
Fruit Cup
Juice Cup
Milk

20

WG Breakfast Pizza
Bagel
Fruit Cup
Juice Cup
Milk

21

CHEF
CHOICE

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CHEF
CHOICE

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Memorial Day

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