

BREAKFAST MAY 2013

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 PANCAKE ON A STICK	2 PIZZA	3 COOK'S CHOICE
6 SAUSAGE GRAVY	7 EGG, SAUSAGE WRAP	8 CINN TOAST	9 MUFFINS	10 COOK'S CHOICE
13 FRENCH TOAST	14 OMELETS	15 SAUSAGE GRAVY	16 PIZZA	17 COOK'S CHOICE
20 EGGS & TOAST	21 PANCAKES	22 SAUSAGE GRAVY	23 SAUSAGE BISCUIT	24 COOK'S CHOICE
27 NO SCHOOL	28 MUFFINS	29 WAFFLES	30 OMELET&TOAST	31 COOK'S CHOICE

NUTRITION TIP: Hydration Tips for Athletes

- Only a 2% (3-lb loss for a 150-lb athlete) weight loss during exercise can reduce your performance.²
- When you get thirsty you are already dehydrated. Try to drink every 15 minutes of exercise.³



School Information: A PEANUT BUTTER SANDWICH OR CHEF SALAD IS OFFERED EVERYDAY INSTEAD OF MAIN DISH.

MENU MAY CHANGE IF ITEM IS UNAVAILABLE.