

Guilford Breakfast Menu



May 2019

In Season Cherries

Cherries are known to contain certain chemicals that are very effective in relieving pain better than medicines like aspirin and ibuprofen.

Cherries are best paired with things like chives, dairy products, and meats.

Monday

Tuesday

Wednesday

Thursday

Friday

Blank menu item for Monday.

Blank menu item for Tuesday.

Ultimate Breakfast **1**
Round
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

4 oz. NY Yogurt **2**
w/ Muffin
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Assorted Breakfast **3**
Sandwiches
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Assorted Oatmeal **6**
Cinnamon Toast
Crunch Pastry
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Breakfast Pizza **7**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Fluffy Pancakes **8**
w/ Strawberries
or Syrup
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Breakfast on a Stick **9**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Assorted Breakfast **10**
Sandwiches
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Assorted Oatmeal **13**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Scrambled Eggs **14**
w/ ½ Bagel
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Mini Waffles **15**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

4 oz. NY Yogurt **16**
w/ Muffin
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Assorted Breakfast **17**
Sandwiches
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Assorted Oatmeal **20**
Cocoa Puffs Pastry
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Mini Pancakes **21**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Cheese Omelet **22**
w/ ½ Bagel
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Waffles **23**
w/ Fruit or Syrup
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Assorted Breakfast **24**
Sandwiches
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk



Assorted Oatmeal **28**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Ultimate Breakfast **29**
Round
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free

Breakfast on a Stick **30**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Assorted Breakfast **31**
Sandwiches
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Announcements

Choices Available Daily:

Assorted Cereal
Assorted Cereal
w/Toast

Milk Choices:

1% White, Skim White
Skim Chocolate

Menu subject to change without notice.

Meal Prices

Breakfast and Lunch will be served at NO COST to Elementary students for the 18/19 school year!

Jr – Sr High Breakfast is free
lunch is \$2.00

This institution is an equal opportunity provider.