

- 2023 -
MAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Breakfast

Available Daily
7:30 - 8:00

Daily Alternate Choices
Oatmeal Bar
Uncrustable
Banana or Chocolate Muffin
Blueberry Donut Holes
Cereal

1 Assorted Muffins
Yogurt or
Cheese Stick
Fruit
Juice

2 Powdered Donut Holes
Fruit
Juice

3 Biscuits & Gravy
Fruit
Juice

4 French Toast Sticks
w/syrup
Fruit
Juice

5 Muffin Top
Yogurt or
Cheese Stick
Fruit
Juice

8 Cereal
Yogurt or
Cheese Stick
Fruit
Juice

9 Mini Pancake &
Sausage Wraps
w/syrup
Fruit
Juice

10 Fruit & Yogurt
Parfait
w/granola
Juice

11 Cinnamon Roll
Yogurt or
Cheese Stick
Fruit
Juice

12 Sausage, Egg, Cheese
Biscuit
Fruit
Juice

15 Assorted Muffins
Yogurt or
Cheese Stick
Fruit
Juice

16 French Toast Sticks
w/syrup
Fruit
Juice

17 Powdered Donut Holes
Fruit
Juice

18 Biscuits & Gravy
Fruit
Juice

19 Muffin Top
Yogurt or
Cheese Stick
Fruit
Juice

22 Cereal
Yogurt or
Cheese Stick
Fruit
Juice

23 Cinnamon Roll
Yogurt or
Cheese Stick
Fruit
Juice

24 Mini Pancake &
Sausage Wraps
w/syrup
Fruit
Juice

25 Fruit & Yogurt
Parfait
w/granola
Juice

26 Assorted Muffins
Yogurt or
Cheese Stick
Fruit
Juice



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Forest Park
Jr/Sr
High School

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This institution is an equal opportunity provider. Menu is subject to change. A variety of milk is offered each day.