



MAY | 2017

Christanooga Girls Leadership Academy Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Whole Grain Donut Choice of Fruit Choice of 100% Fruit Juice Choice of Milk	2 Whole Grain Cherry Apple Crunch Bar Choice of Fruit Choice of 100% Fruit Juice Choice of Milk	3 Choice of Two Whole Grain Assorted Muffins Choice of Fruit Choice of 100% Fruit Juice Choice of Milk	4 Whole Grain Reduced Sugar Assorted Cereals Choice of One Breakfast Pastry Choice of Fruit Choice of 100% Fruit Juice Choice of Milk	5 Yogurt Parfait with Whole Grain Granola Choice of Fruit Choice of 100% Fruit Juice Choice of Milk
8 Whole Grain Mini Bagels Choice of Fruit Choice of 100% Fruit Juice Choice of Milk	9 Choice of two Whole Grain Pop Tart Pastry Choice of Fruit Choice of 100% Fruit Juice Choice of Milk	10 Whole Grain Oatmeal and Grits Bar Choice of One Breakfast Pastry Choice of Fruit Choice of 100% Fruit Juice Choice of Milk	11 Whole Grain Donut Choice of Fruit Choice of 100% Fruit Juice Choice of Milk	12 Whole Grain Reduced Sugar Assorted Cereals Choice of One Breakfast Pastry Choice of Fruit Choice of 100% Fruit Juice Choice of Milk
15 Whole Grain Donut Choice of Fruit Choice of 100% Fruit Juice Choice of Milk	16 Choice of Two Whole Grain Assorted Muffins Choice of Fruit Choice of 100% Fruit Juice Choice of Milk	17 Whole Grain Reduced Sugar Assorted Cereals Choice of One Breakfast Pastry Choice of Fruit Choice of 100% Fruit Juice Choice of Milk	18 Yogurt Parfait with Whole Grain Granola Choice of Fruit Choice of 100% Fruit Juice Choice of Milk	19 Whole Grain Mini Bagels Choice of Fruit Choice of 100% Fruit Juice Choice of Milk
22 Whole Grain Cherry Apple Crunch Bar Choice of Fruit Choice of 100% Fruit Juice Choice of Milk	23 Yogurt Parfait with Whole Grain Granola Choice of Fruit Choice of 100% Fruit Juice Choice of Milk	24 Whole Grain Oatmeal and Grits Bar Choice of One Breakfast Pastry Choice of Fruit Choice of 100% Fruit Juice Choice of Milk	25 Choice of Two Whole Grain Assorted Muffins Choice of Fruit Choice of 100% Fruit Juice Choice of Milk	26 Last Day of School No Students on Campus
29	30	31		

News

Breakfast Includes up to 1 of each:

- >Entrée (includes grain & sometimes meat/meat alternative)
- > 100% Fruit Juice*
- > Whole Fruit*
- >Choice of Low-Fat or Fat-Free Mayfield's Milk
- *A breakfast must include a hot or cold entrée (whole grain and sometimes a meat/meat alternative) and at least 1 fruit or 1 serving of 100% fruit juice