

May 2021

Mossyrock School District

BREAKFAST



School Information: Mossyrock School District is an equal opportunity provider. All meals are free to children 18 years and younger.



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

Cereal
Toast
Fruit
Juice
Milk **3**

Tuesday

Biscuits and Gravy
Fruit
Juice
Milk **4**

Wednesday

Virtual Learning Day! **5**

Thursday

Scrambles Eggs
Toast
Fruit
Juice
Milk **6**

Friday

Bagel with Cream Cheese
Fruit
Juice
Milk **7**

Muffins
Yogurt
Fruit
Juice
Milk **10**

Pancakes
Fruit
Juice
Milk **11**

Virtual Learning Day! **12**

Breakfast Burrito
Fruit
Juice
Milk **13**

Bagel with Cream Cheese
Fruit
Juice
Milk **14**

Cereal
Toast
Fruit
Juice
Milk **17**

Ham and Eggs
Toast
Fruit
Milk **18**

Virtual Learning Day! **19**

Breakfast Sandwich
Fruit
Juice
Milk **20**

Bagel with Cream Cheese
Fruit
Juice
Milk **21**

Muffins
Yogurt
Fruit
Juice
Milk **24**

Waffles
Fruit
Juice
Milk **25**

Virtual Learning Day! **26**

Omelet
Biscuit
Fruit
Juice
Milk **27**

Early Release!
Cereal
Toast
Fruit
Juice
Milk **28**

No School
Happy Memorial Day! **31**

