



Him by Her May Breakfast Menu

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2	Cream of Wheat plus graham cracker (2G) (1C) Variety of Fruit (8 fl oz) Assorted Milk	3	Mini Waffles w/ Syrup (2 gr), (1C) Variety of Fruit (8 fl oz) Assorted Milk	4	WG Chicken Biscuit (2gr) (1C) Variety of Fruit (8 fl oz) Assorted Milk	5	Yogurt Parfait (1M, 1G, 1/2 C Fruit) (1/2 C) 100% Juice (8 fl oz) Assorted Milk	6	Choice of Cereal (1 gr), (1C) Variety of Fruit (8 fl oz) Assorted Milk
9	Breakfast Pizza (1C) Variety of Fruit (8 fl oz) Assorted Milk	10	WG Maple Pancakes, (2gr) (1C) Variety of Fruit (8 fl oz) Assorted Milk	11	Turkey Sausage Biscuit (2gr) (1C) Variety of Fruit (8 fl oz) Assorted Milk	12	Egg and Cheese Biscuit (2gr) (1C) Variety of Fruit (8 fl oz) Assorted Milk	13	Choice of Cereal (1 gr), (1C) Variety of Fruit (8 fl oz) Assorted Milk
16	Oatmeal plus graham cracker (2G) (1C) Variety of Fruit (8 fl oz) Assorted Milk	17	Mini Waffles w/ Syrup (2 gr), (1C) Variety of Fruit (8 fl oz) Assorted Milk	18	WG Chicken Biscuit (2gr) (1C) Variety of Fruit (8 fl oz) Assorted Milk	19	Yogurt Parfait (1M, 1G, 1/2 C Fruit) (1/2 C) 100% Juice (8 fl oz) Assorted Milk	20	Choice of Cereal (1 gr), (1C) Variety of Fruit (8 fl oz) Assorted Milk
23	Chef's Choice	24	Chef's Choice	25	Chef's Choice	26	Chef's Choice	27	Chef's Choice Last day of School

All grains served at Breakfast are Whole Grain. All breakfasts at Him By Her Collegiate School for the Arts are served with a variety of fresh fruit, canned fruit, and / or fruit juice daily, as well as flavored fat free milk and unflavored 1% milk.