

Fresh, Healthy, Good Food  
Every Day!



this institution is an equal opportunity provider

May 2018 PSA K-12 Breakfast

Week 1	Monday, April 30, 2018	Tuesday, May 1, 2018	Wednesday, May 2, 2018	Thursday, May 3, 2018	Friday, May 4, 2018
		<b>Breakfast Croissant (2 comp)</b> Choice 100% Real Fruit Juice (1 comp) Raisins or 1/2 Cup Fruit (1 comp) Choice Milk (1 comp)	<b>Breakfast Pizza (2 comp)</b> Choice 100% Real Fruit Juice (1 comp) Raisins or 1/2 Cup Fruit (1 comp) Choice Milk (1 comp)	<b>Choice GNB Muffin (2 comp)</b> Choice 100% Real Fruit Juice (1 comp) Raisins or 1/2 Cup Fruit (1 comp) Choice Milk (1 comp)	<b>Pancakes &amp; Syrup (2 comp)</b> Choice 100% Real Fruit Juice (1 comp) Raisins or 1/2 Cup Fruit (1 comp) Choice Milk (1 comp)
		Chef's Choice Daily	or Chef's Choice Daily	or Chef's Choice Daily	Chef's Choice Daily
Week 2	Monday, May 7, 2018	Tuesday, May 8, 2018	Wednesday, May 9, 2018	Thursday, May 10, 2018	Friday, May 11, 2018
	<b>Assorted Cereal Bowl (1 comp)</b> ( Multiple options under 6 grams sugar) Choice 100% Real Fruit Juice (1 comp) Raisins or 1/2 Cup Fruit (1 comp) Choice Milk (1 comp)	<b>Tasty Toast (2 comp)</b> Choice 100% Real Fruit Juice (1 comp) Raisins or 1/2 Cup Fruit (1 comp) Choice Milk (1 comp)	<b>Choice Breakfast Frudel (2 comp)</b> Choice 100% Real Fruit Juice (1 comp) Raisins or 1/2 Cup Fruit (1 comp) Choice Milk (1 comp)	<b>GNB Assorted Breakfast Bread (2 comp)</b> Choice 100% Real Fruit Juice (1 comp) Raisins or 1/2 Cup Fruit (1 comp) Choice Milk (1 comp)	<b>Breakfast Burrito (2 comp)</b> Choice 100% Real Fruit Juice (1 comp) Raisins or 1/2 Cup Fruit (1 comp) Choice Milk (1 comp)
	or Chef's Choice Daily	or Chef's Choice Daily	or Chef's Choice Daily	or Chef's Choice Daily	or Chef's Choice Daily
Week 3	Monday, May 14, 2018	Tuesday, May 15, 2018	Wednesday, May 16, 2018	Thursday, May 17, 2018	Friday, May 18, 2018
	<b>Assorted Cereal Bowl (1 comp)</b> ( Multiple options under 6 grams sugar) Choice 100% Real Fruit Juice (1 comp) Raisins or 1/2 Cup Fruit (1 comp) Choice Milk (1 comp)	<b>Choice Breakfast Croissant (2 comp)</b> Choice 100% Real Fruit Juice (1 comp) Raisins or 1/2 Cup Fruit (1 comp) Choice Milk (1 comp)	<b>Large Breakfast Brekkie (3 oz 2 comp)</b> Choice 100% Real Fruit Juice (1 comp) Raisins or 1/2 Cup Fruit (1 comp) Choice Milk (1 comp)	<b>Gmills "Cleaner Label" Cereal Bar (1 comp)</b> <b>Cheese Stick (1 comp)</b> Choice 100% Real Fruit Juice (1 comp) Raisins or 1/2 Cup Fruit (1 comp) Choice Milk (1 comp)	<b>Pancake on a Stick (2 comp)</b> Choice 100% Real Fruit Juice (1 comp) Raisins or 1/2 Cup Fruit (1 comp) Choice Milk (1 comp)
	or Chef's Choice Daily	or Chef's Choice Daily	or Chef's Choice Daily	or Chef's Choice Daily	or Chef's Choice Daily
Week 4	Monday, May 21, 2018	Tuesday, May 22, 2018	Wednesday, May 23, 2018	Thursday, May 24, 2018	Friday, May 25, 2018
	<b>Assorted Cereal Bowl (1 comp)</b> ( Multiple options under 6 grams sugar) Choice 100% Real Fruit Juice (1 comp) Raisins or 1/2 Cup Fruit (1 comp) Choice Milk (1 comp)	<b>Breakfast Pizza (2 comp)</b> Choice 100% Real Fruit Juice (1 comp) Raisins or 1/2 Cup Fruit (1 comp) Choice Milk (1 comp)	<b>Pancakes &amp; Syrup (2 comp)</b> Choice 100% Real Fruit Juice (1 comp) Raisins or 1/2 Cup Fruit (1 comp) Choice Milk (1 comp)	<b>Choice GNB Muffin (1 comp)</b> <b>Cheese Stick (1 comp)</b> Choice 100% Real Fruit Juice (1 comp) Raisins or 1/2 Cup Fruit (1 comp) Choice Milk (1 comp)	<b>Breakfast Frudel (2 comp)</b> Choice 100% Real Fruit Juice (1 comp) Raisins or 1/2 Cup Fruit (1 comp) Choice Milk (1 comp)
	or Chef's Choice Daily	or Chef's Choice Daily	or Chef's Choice Daily	or Chef's Choice Daily	or Chef's Choice Daily
Week 5	Monday, May 28, 2018	Tuesday, May 29, 2018	Wednesday, May 30, 2018	Thursday, May 31, 2018	Friday, June 1, 2018
	<b>Assorted Cereal Bowl (1 comp)</b> ( Multiple options under 6 grams sugar) Choice 100% Real Fruit Juice (1 comp) Raisins or 1/2 Cup Fruit (1 comp) Choice Milk (1 comp)	<b>Turkey Bacon &amp; Egg Break Croissant (2 comp)</b> Choice 100% Real Fruit Juice (1 comp) Raisins or 1/2 Cup Fruit (1 comp) Choice Milk (1 comp)	<b>Choice Nature Valley Crisps (1 comp)</b> <b>Trix Low Sugar Yogurt (1 comp)</b> Choice 100% Real Fruit Juice (1 comp) Raisins or 1/2 Cup Fruit (1 comp) Choice Milk (1 comp)	<b>BC Whole Grain Breakfast Bun (2 comp)</b> Choice 100% Real Fruit Juice (1 comp) Raisins or 1/2 Cup Fruit (1 comp) Choice Milk (1 comp)	
	or Chef's Choice Daily	or Chef's Choice Daily	or Chef's Choice Daily	or Chef's Choice Daily	

Menu is subject to infrequent change

Questions? Call 651-453-1136 or visit our website at [www.ckcgoodfood.com](http://www.ckcgoodfood.com)

Skim & 1% Milk choices offered daily