

# MAY 2024

## Community Education Building (CEB)

### BREAKFAST



**Daily Breakfast Favorites:** Cereal Variety, Pancake Variety, Assorted Yogurt, Bagels and Cream Cheese, Fresh Fruit, & Milk Variety



**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

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY



Turkey Sausage Patty,  
Scrambled Eggs & WG  
Biscuit

1

WG Donut Holes

2

Turkey Bacon, Egg &  
Cheese Croissant

3

WG Cinnamon Roll

6

Blueberry Waffles

7

Scrambled Eggs,  
Turkey Bacon & WG  
Biscuit

8

WG Dutch Waffle

9

Apple Frudel

10

WG Maple Mini  
Waffles

13

Turkey Ham & Cheese  
Breakfast Stuffer

14

Turkey Sausage  
Breakfast Pizza

15

Blueberry Donut Holes

16

Turkey Ham & Cheese  
Croissant

17

WG Blueberry &  
Banana Bread

20

Turkey Sausage, Egg  
& Cheese Burrito

21

Egg & Cheese Stuffed  
Hashbrowns

22

WG Waffles & Turkey  
Sausage

23

Sausage, Egg &  
Cheese Croissant

24

**Memorial Day**

27

Triple Berry French  
Toast

28

Turkey Sausage Patty,  
Scrambled Eggs & WG  
Biscuit

29

Strawberry Mini  
Bagels

30

WG Breakfast Bun

31