



# Maritime Academy Breakfast , May 2024



		Wednesday 01	Thursday 02	Friday 03
No Menu Available	No Menu Available	<b>Reduced Sugar Frosted Flakes</b> ✓ Fresh Apple	<b>WG Double Chocolate Chip Muffin</b> ✓ Fresh Apple	<b>Mini Maple Pancakes</b> ✓ Fresh Apple
Monday 06	Tuesday 07	Wednesday 08	Thursday 09	Friday 10
<b>Strawberry Pop Tart</b> Fresh Apple 1% Milk	<b>Banana Muffin</b> ✓ Fresh Apple 1% Milk	<b>Red. Sugar Froot Loops Cereal</b> ✓ Fresh Apple 1% Milk	<b>Red. Sugar Cinnamon Toast Crunch Cereal</b> ✓ Fresh Apple 1% Milk	<b>Apple Cinnamon Cheerios Cereal</b> ✓ Fresh Apple 1% Milk
Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17
<b>Grab &amp; Go Cinnamon Toast Crunch</b> Fresh Apple	<b>Soft Filled Cinnamon Toast Crunch Bar</b> ✓ Applesauce 1% Milk	<b>Strawberry Mini Bagel</b> ✓ Fresh Apple	<b>Apple Strudel</b> ✓ Fresh Apple 1% Milk	<b>Apple Cinnamon Breakfast Bar</b> ✓ <b>Light Mozzarella Cheese Stick</b> Fresh Apple 1% Milk
Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24
<b>Cocoa Puffs Cereal Bar</b> Fresh Apple 1% Milk	Fresh Apple 1% Milk	<b>Mini Cinnamon Pull Apart Roll</b> ✓ Applesauce 1% Milk	<b>Strawberry Nutri-Grain Bar</b> ✓ <b>Light Mozzarella Cheese Stick</b> Fresh Apple	<b>Cinnamon French Toast</b> ✓ Fresh Apple 1% Milk
Monday 27	Tuesday 28	Wednesday 29	Thursday 30	Friday 31
<b>Fudge Pop Tart</b> Fresh Apple 1% Milk	<b>Golden Grahams Cereal</b> ✓ Fresh Apple 1% Milk	<b>Reduced Sugar Frosted Flakes</b> ✓ Fresh Apple	<b>Cocoa Puffs Cereal Bar</b> Fresh Apple	<b>Golden Grahams Cereal</b> ✓ Fresh Apple

\* Consuming raw or under cooked meat, poultry, seafood, shellsh or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. Menu is subjected to change, notice posted when available. This institution is an equal opportunity provider.