

MAY 2022

Ponce de Leon High School

BREAKFAST



**SERVED DAILY: MILK, FRUIT, AND
CONDIMENTS AS NEEDED.**



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

French Toast Sticks
Fruit
Milk
Orange Juice

2

TUESDAY

Sausage Biscuit
Fruit
Milk
Orange Juice

3

WEDNESDAY

Waffles
Fruit
Milk
Orange Juice

4

THURSDAY

Cinco De Mayo
Chicken Biscuit
Fruit
Milk
Orange Juice

5

FRIDAY

School Lunch Hero Day
Biscuit & Gravy
Fruit
Milk
Orange Juice

6

French Toast Sticks
Fruit
Milk
Orange Juice

9

Sausage Biscuit
Fruit
Milk
Orange Juice

10

Waffles
Fruit
Milk
Orange Juice

11

Biscuit & Gravy
Fruit
Milk
Orange Juice

12

Muffin Graham Cracker
Fruit
Milk
Orange Juice

13

MANAGERS CHOICE

16

MANAGERS CHOICE

17

MANAGERS CHOICE

18

MANAGERS CHOICE

19

MANAGERS CHOICE

20

MANAGERS CHOICE

23

MANAGERS CHOICE

24

MANAGERS CHOICE

25

MANAGERS CHOICE

26

EARLY RELEASE

27

LAST DAY OF SCHOOL

Memorial Day

30

NO SCHOOL

NO SCHOOL

31

