

# May 2017



**MSD Columbia Campus**  
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## BREAKFAST



**Available Daily: Assorted Cereal, Fruit, 100% Orange, Apple, Grape & Cranberry Juice, 1% and Skim Milk, Water**



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

Waffles  
Sausage Links  
Sugar Free Syrup  
Fruit

1

Breakfast Bread  
Scrambled Eggs  
Home Fries, Butter  
Fruit

2

Pancakes  
Bacon  
Sugar Free Syrup  
Fruit

3

Scrambled Eggs  
Sausage Patty  
Raisin Bread Toast  
Butter, Jelly  
Fruit

4

Oatmeal  
Assorted Muffins  
Fruit

5

French Toast  
Sausage Links  
Sugar Free Syrup  
Cinnamon Apples

8

Scrambled Eggs  
Grits  
Bacon  
Plain Toast w/ Butter, Jelly  
Fruit

9

English Muffin  
Sausage Patty with Cheese  
Hash Brown  
Fruit

10

Breakfast Pizza  
Tater Tots  
Fruit

11

Pancakes  
Bacon  
Sugar Free Syrup  
Yogurt

12

Breakfast Bread  
Omelet  
Bacon  
Fruit

15

Waffles  
Sausage Links  
Fruit

16

Oatmeal  
Mini Bagels  
Cream Cheese  
Butter, Jelly  
Fruit

17

Raisin Bread Toast  
Hash Brown  
Canadian Bacon  
Butter, Jelly  
Fruit

18

Egg and Sausage Patty  
English Muffin  
Yogurt  
Butter, Jelly  
Fruit

19

Egg Patty and Cheese  
Bagel  
Oatmeal  
Fruit

22

French Toast  
Sausage Links  
Cinnamon Apples  
Sugar Free Syrup

23

Omelet  
Hash Brown, Ketchup  
Cinnamon Rolls  
Fruit

24

Pancakes  
Bacon  
Sugar Free Syrup  
Fruit

25

Breakfast Burrito  
Salsa  
Yogurt Parfait

26



29

**MSD STAFF DAY**  
**School Closed**

30

Pancakes  
Bacon  
Sugar Free Syrup  
Fruit

31

