

MAY 2022

Our Lady of the Lake Catholic School

BREAKFAST



Lunch prices are \$3.10 per day
\$.40 for extra milk

Milk choices are skim, 1%, and chocolate

"This institution is an equal opportunity provider."



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

French Toast
Applesauce
Orange Juice

2

Banana Bread
Fresh Oranges
Apple Juice

3

Strawberry Cream Cheese
Mini Bagel
Fresh Apple
Grape Juice

4

Apple Frudel
Diced Peaches
Orange Juice

5

Whole Grain Muffin
Cheese Stick
Craisins
Grape Juice

6

Cereal Bar

9

Chocolate Chip
Oatmeal Uber Bar

10

Cinni Mini

11

Mini Pancakes

12

NO SCHOOL

13

Pop Tarts

16

Cinnamon Toast Crunch Bar

17

Banana Muffin

18

Chocolate Crescent Roll

19

Strawberry Cream Cheese
Bagel

20

Nutri Grain Bar

23

Apple Cinnamon Muffin

24

Mini Waffles

25

French Toast

26

Cinni Mini

27

NO SCHOOL
Memorial Day

30

Cereal Bar

31

