

Mount Clemens Elementary School Breakfast Menu May 2010



Use your Breakfast Club Frequent Buyer Card- enjoy 5 breakfasts to be eligible for prize drawings!

CHOICE OF SKIM OR LOW FAT MILK IS OFFERED WITH EACH BREAKFAST MEAL

Monday	Tuesday	Wednesday	Thursday	Friday
3 Whole Grain Trix Cereal Bar With Yogurt Cup or Rice Kris pies Cereal Box or Raisins and Milk	4 Chocolate Chip Power Alley Bar With String Cheese or Low Sugar Apple Jacks Cereal 100% Fruit Juice and Mil	5 Whole Grain, Low Sugar Strawberry Pop Tart or Cinnamon Toast Cereal 100% Fruit Juice and Mil	6 Low Fat Strawberry Danimals Yogurt with Variety Granola Bars or Honey Nut Cheerios Cereal 100% Fruit Juice and Milk Raisins Raisins	9 Cinnamon Iced Bar With String Cheese or Trix reduced Sugar Cereal Fresh Fruit and Milk
10 Whole Grain Trix Cereal Bar With Yogurt Cup or Rice Kris pies Cereal Box or Raisins and Milk	11 Chocolate Chip Power Alley Bar With String Cheese or Low Sugar Apple Jacks Cereal 100% Fruit Juice and Mil	12 Whole Grain, Low Sugar Strawberry Pop Tart or Cinnamon Toast Cereal 100% Fruit Juice and Mil	13 Low Fat Strawberry Danimals Yogurt with Variety Granola Bars or Honey Nut Cheerios Cereal 100% Fruit Juice and Milk Raisins Raisins	14 Cinnamon Iced Bar With String Cheese or Trix reduced Sugar Cereal Fresh Fruit and Milk
17 Whole Grain Trix Cereal Bar With Yogurt Cup or Rice Kris pies Cereal Box or Raisins and Milk	18 Chocolate Chip Power Alley Bar With String Cheese or Low Sugar Apple Jacks Cereal 100% Fruit Juice and Mil	19 Whole Grain, Low Sugar Strawberry Pop Tart or Cinnamon Toast Cereal 100% Fruit Juice and Milk	20 Low Fat Strawberry Danimals Yogurt with Variety Granola Bars or Honey Nut Cheerios Cereal 100% Fruit Juice and Milk Raisins Raisins	21 Cinnamon Iced Bar With String Cheese or Trix reduced Sugar Cereal Fresh Fruit and Milk
24 Whole Grain Trix Cereal Bar With Yogurt Cup or Rice Kris pies Cereal Box or Raisins and Milk	25 Chocolate Chip Power Alley Bar With String Cheese or Low Sugar Apple Jacks Cereal 100% Fruit Juice and Milk	26 Whole Grain, Low Sugar Strawberry Pop Tart or Cinnamon Toast Cereal 100% Fruit Juice and Milk	27 Low Fat Strawberry Danimals Yogurt with Variety Granola Bars or Honey Nut Cheerios Cereal 100% Fruit Juice and Milk Raisins Raisins	28 Cinnamon Iced Bar With String Cheese or Trix reduced Sugar Cereal Fresh Fruit and milk
			<p>Elementary Supervisors : (586) 469 6100</p> <p>King Academy- Donna Stouder: Ext 1113 Seminole - Valerie Hagan: Ext 1913 Washington- Lisa Marks: Ext 1846 Alexander Macomb- Michele Milikan: Ext 1713</p>	



Part of making healthy diet choices means making 1/2 of your grains whole. Breakfast is a great opportunity to meet your daily whole grain requirements!

Alternate Breakfast Available Daily

Cereal Bowl

We offer a variety of kid-friendly cereal choices meeting our nutritional criteria of ≤ 5 grams of sugar OR ≥ 3 grams of fiber per serving

-AND-

Choice Of One:

- Wheat Flour Bagel w/ Light Cream Cheese & Fruit Spread
- Graham Crackers
- Part Skim Sting Cheese Stick
- Low Fat Yogurt Cup

Offered w/ Featured Fruit or Juice Sides
AND Skim or Low Fat Milk

