



# MOUNT CLEMENS JR & HIGH SCHOOL MAY 2010 BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
MINI PANCAKES W/ SYRUP SCRAMBLED EGGS JUICE CHOICE OF MILK	PIZZA BAGEL FRESH GRAPES JUICE CHOICE OF MILK	FRESH BAKED ASSORTED BAGELS W/ CREAM CHEESE FRESH ORANGE JUICE COLD MILK	SCRAMBLED EGGS HAM SLICE WHOLE WHEAT TOAST JUICE CHOICE OF MILK	PANCAKES FRESH OFF THE GRILL W/ BACON OR SAUSAGE FRESH ORANGE JUICE COLD MILK
10	11	12	13	14
BACON, EGG & CHEESE CROISSANT FRESH PEAR JUICE CHOICE OF MILK	BACON, EGG & CHEESE BAGEL FRESH APPLE JUICE CHOICE OF MILK	FRESH BAKED ASSORTED BAGELS W/ CREAM CHEESE FRESH ORANGE JUICE COLD MILK	TOASTED HAM & CHEESE ON WHOLE WHEAT FRESH BANANA JUICE LOW FAT CHOCOLATE MILK	PANCAKES FRESH OFF THE GRILL W/ BACON OR SAUSAGE FRESH ORANGE JUICE COLD MILK
17	18	19	20	21
TOASTED HAM & CHEESE ON WHOLE WHEAT FRESH FRUIT JUICE CHOICE OF MILK	SCRAMBLED EGGS HAM SLICE WHOLE WHEAT TOAST JUICE CHOICE OF MILK	FRESH BAKED ASSORTED BAGELS W/ CREAM CHEESE FRESH ORANGE JUICE COLD MILK CHOICE OF MILK	SCRAMBLE EGGS HAM SLICE TOAST JUICE CHOICE OF MILK	PANCAKES FRESH OFF THE GRILL W/ BACON OR SAUSAGE FRESH ORANGE JUICE COLD MILK
24	25	26	27	28
MINI PANCAKES W/ SYRUP SCRAMBLED EGGS JUICE CHOICE OF MILK	PIZZA BAGEL FRESH GRAPES JUICE CHOICE OF MILK	FRESH BAKED ASSORTED BAGELS W/ CREAM CHEESE FRESH ORANGE JUICE COLD MILK	TOASTED HAM & CHEESE ON WHOLE WHEAT FRESH FRUIT JUICE CHOICE OF MILK	PANCAKES FRESH OFF THE GRILL W/ BACON OR SAUSAGE FRESH ORANGE JUICE COLD MILK

The School Lunch program is operated in accordance with U.S. Department of Agriculture policy which does not permit discrimination because of race, color, sex, age, disability or national origin. Any person who believes that he or she has been discriminated against in any U.S.D.A. activity should write to the Secretary of Agriculture, Washington D.C. 20250. Food Service provided by Chartwells.

Farai Sithole, Director of Dining Services  
Phone: 586-461-3741  
Menu subject to change without notice.

# Why is breakfast so Important?

A growing body of evidence indicates breakfast is good for your health. Studies show that adults, who eat breakfast, especially a healthy breakfast, are more likely to:

- Consume more vitamins and minerals and less fat and cholesterol during the day
- Have more strength and endurance
- Have better concentration and are more productive throughout the morning
- Control their weight
- Have lower cholesterol, which reduces the risk of heart disease

Breakfast is especially important for children and adolescents. According to the American Dietetic Association, children who eat breakfast are more likely to have better concentration, problem-solving skills and eye-hand coordination. They may also be more alert and creative, and less likely to miss days of school.

Source: [www.mayoclinic.com](http://www.mayoclinic.com)

## School Breakfast Information

**Serving Time:** 7:20AM **Price:** FREE

No advance registration necessary! All students are welcome every day!



P	P	M	L	I	S	O	F	S	O
A	Y	E	T	S	N	G	M	H	L
R	C	Y	P	I	C	O	G	K	I
W	G	L	O	P	O	C	E	E	V
R	J	N	A	R	E	L	B	Q	E
E	S	T	H	I	R	R	U	W	S
H	A	S	L	A	S	C	S	A	Y
X	U	T	O	M	A	T	O	E	S
M	A	F	P	Q	C	I	I	D	L
W	K	E	Z	S	P	O	D	O	N

- EGGS
- SALSA
- MUSHROOMS
- OLIVES
- TOMATOES
- WRAP
- ONIONS
- PEPPERS

Answer



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