



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



BREAKFAST

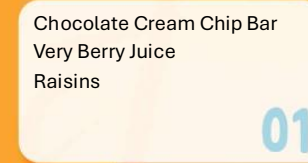
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Mozzarella Cheese Stick
Cinnamon Frosted Pop-Tart
Apples

Cinco de Mayo
Mini Apple Breakfast Bites
Craisins
Tangerines

Mozzarella Cheese Stick
Chocolate Chip Muffin
Fruit Punch
Raisins

Cocoa Chip BeneFIT Bar
Apples

Mini Cinni Rolls
Craisins
Apple Juice

Cocoa Puffs Cereal Bar
Apples

UBR Chocolate Chip Bar
Apples

Pumpkin Bread
Orange Juice
Raisins

Strawberry Go-Gurt
Vanilla Grahams
Apples

Blueberry Glazed Donuts
Very Berry Juice
Raisins

Strawberry Go-Gurt
Oatmeal Chocolate Chip Bar
Apples

French Toast BeneFIT Bar
Apples

Mini Cinni Caramel Rolls
Apple Juice
Raisins

Breakfast Buns
Apples

Mini Chocolate Glazed
Donuts
Fruit Punch
Raisins

Memorial Day
SCHOOL CLOSED

Strawberry Go-Gurt
Bunny Grahams
Apples

Oatmeal Chocolate Chip
BeneFIT Bar
Orange Juice
Raisins

Strawberry Go-Gurt
Chocolate Chip Oatmeal Bar
Apples

Banana Bread
Craisins
Very Berry Juice



EXECUTIVE EDUCATION ACADEMY CHARTER SCHOOL

Milk is included with all meals (1%, Skim, or Soy Milk)

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