

MAY 2024

Dehesa School

BREAKFAST



This institution is an equal opportunity provider. Offered daily 1% white milk, fat free chocolate, and whole milk. Given at every meal ½-cup fresh vegetables, ½-cup fresh fruit. WG=Whole Grain



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



Waffles
Fresh Fruit
Milk 1

Breakfast Bread
Fresh Fruit
Milk 2

Muffin
Fresh Fruit
Milk 3

Cereal
Fresh Fruit
Milk 6

Conchas
Fresh Fruit
Milk 7

Waffles
Fresh Fruit
Milk 8

Breakfast Bread
Fresh Fruit
Milk 9

Muffin
Fresh Fruit
Milk 10

Cereal
Fresh Fruit
Milk 13

Conchas
Fresh Fruit
Milk 14

Waffles
Fresh Fruit
Milk 15

Breakfast Bread
Fresh Fruit
Milk 16

Muffin
Fresh Fruit
Milk 17

Cereal
Fresh Fruit
Milk 20

Conchas
Fresh Fruit
Milk 21

Waffles
Fresh Fruit
Milk 22

Breakfast Bread
Fresh Fruit
Milk 23

Muffin
Fresh Fruit
Milk 24

Memorial Day 27

Conchas
Fresh Fruit
Milk 28

Waffles
Fresh Fruit
Milk 29

Breakfast Bread
Fresh Fruit
Milk 30

Muffin
Fresh Fruit
Milk 31