

School meals are consistent with the Dietary Guidelines for Americans.

We

offer all whole rich grain bread products and a variety of fruits and vegetables weekly. In addition we offer **1% plain milk**. All **salad dressings** are either **low-fat or non-fat**. **Water is available with all**



Fueling Student Performance Through Healthy Dining

by **sodexo**

## Midlands STEM Charter Breakfast Menu – May 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Midlands STEM will provide</b></p> <p><b>Milk.</b></p> <p><b>Menu is Subject to Change</b></p> <p><b>Due to product availability</b></p>		1 Cereal Bar (1.42 oz) Graham Crackers (1 oz.) 100% Fruit Juice (4 oz.)	2 Pop-Tart (1 pkg) Graham Crackers (1 oz.) 100% Fruit Juice (4 oz.)	3 NutraGrain Bar (1.55 oz) Graham Crackers (1 oz.) 100% Fruit Juice (4 oz.)
6 Blueberry Muffin (2 oz) Graham Crackers (1 oz.) 100% Fruit Juice (4 oz.)	7 Pop-Tart (1 pkg) Graham Crackers (1 oz.) 100% Fruit Juice (4 oz.)	8 Cereal Bar (1.42 oz) Graham Crackers (1 oz.) 100% Fruit Juice (4 oz.)	9 Pop-Tart (1 pkg) Graham Crackers (1 oz.) 100% Fruit Juice (4 oz.)	10 NutraGrain Bar (1.55 oz) Graham Crackers (1 oz.) 100% Fruit Juice (4 oz.)
13 Blueberry Muffin (2 oz) Graham Crackers (1 oz.) 100% Fruit Juice (4 oz.)	14 Pop-Tart (1 pkg) Graham Crackers (1 oz.) 100% Fruit Juice (4 oz.)	15 Cereal Bar (1.42 oz) Graham Crackers (1 oz.) 100% Fruit Juice (4 oz.)	16 Pop-Tart (1 pkg) Graham Crackers (1 oz.) 100% Fruit Juice (4 oz.)	17 NutraGrain Bar (1.55 oz) Graham Crackers (1 oz.) 100% Fruit Juice (4 oz.)
20 Blueberry Muffin (2 oz) Graham Crackers (1 oz.) 100% Fruit Juice (4 oz.)	21 Pop-Tart (1 pkg) Graham Crackers (1 oz.) 100% Fruit Juice (4 oz.)	22 Cereal Bar (1.42 oz) Graham Crackers (1 oz.) 100% Fruit Juice (4 oz.)	23 Pop-Tart (1 pkg) Graham Crackers (1 oz.) 100% Fruit Juice (4 oz.)	24 NutraGrain Bar (1.55 oz) Graham Crackers (1 oz.) 100% Fruit Juice (4 oz.)
27 Blueberry Muffin (2 oz) Graham Crackers (1 oz.) 100% Fruit Juice (4 oz.)	28 Pop-Tart (1 pkg) Graham Crackers (1 oz.) 100% Fruit Juice (4 oz.)	29 Cereal Bar (1.42 oz) Graham Crackers (1 oz.) 100% Fruit Juice (4 oz.)	30 Pop-Tart (1 pkg) Graham Crackers (1 oz.) 100% Fruit Juice (4 oz.)	31 NutraGrain Bar (1.55 oz) Graham Crackers (1 oz.) 100% Fruit Juice (4 oz.)

**PORTION SIZES**

MILK: 8 OZ  
ALL ENTREES ARE 1 EACH AND CONTAIN 0.5 OZ GRAIN AND 1.5 OZ MEAT / MEAT ALTERNATIVE

**FRUIT & VEGETABLE SIDES: 4 OZ**

COMBINATION FOODS: SERVING SIZE 4 OZ  
\*YOGURT: 4 OZ. <23G OF SUGAR PER 6 OZ  
\*\*CEREALS: REDUCED SUGAR; <6 OZ PER DRY OZ; WHOLE GRAIN

This institution is an equal opportunity provider.