

# MAY 2024

## Hancock County Middle/High

### BREAKFAST



**School Information:** Daily Items: Juice/Milk, Cereal, Pop-tarts, Yogurt, Fruit, Salad Bar, Menus are subject to change USDA is an equal opportunity provider, employer, and lender



**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



Dutch Waffle  
Assorted Cereal  
Fruit Variety & Juice  
1% or Fat Free Milk **1**

Egg and Cheese Biscuit Assorted Cereal  
Fruit Variety & Juice  
1% or Fat Free Milk **2**

Gravy Biscuit, Sausage Assorted Cereal  
Fruit Variety & Juice  
1% or Fat Free Milk **3**

Sausage Biscuit Assorted Cereal  
Fruit Variety & Juice  
1% or Fat Free Milk **6**

Breakfast Burrito Assorted Cereal  
Fruit Variety & Juice  
1% or Fat Free Milk **7**

Muffins Assorted Cereal  
Fruit Variety & Juice  
1% or Fat Free Milk **8**

Breakfast Pizza Assorted Cereal  
Fruit Variety & Juice  
1% or Fat Free Milk **9**

Bacon Biscuit Assorted Cereal  
Fruit Variety & Juice  
1% or Fat Free Milk **10**

Bacon Biscuit Assorted Cereal  
Fruit Variety & Juice  
1% or Fat Free Milk **13**

Pancake Sausage Wrap Assorted Cereal  
Fruit Variety & Juice  
1% or Fat Free Milk **14**

Banana Boats Assorted Cereal  
Fruit Variety & Juice  
1% or Fat Free Milk **15**

French Toast Sticks Assorted Cereal  
Fruit Variety & Juice  
1% or Fat Free Milk **16**

Gravy Biscuit, Eggs Assorted Cereal  
Fruit Variety & Juice  
1% or Fat Free Milk **17**

Chicken Biscuit Assorted Cereal  
Fruit Variety & Juice  
1% or Fat Free Milk **20**

Breakfast Pizza Assorted Cereal  
Fruit Variety & Juice  
1% or Fat Free Milk **21**

Dutch Waffle Assorted Cereal  
Fruit Variety & Juice  
1% or Fat Free Milk **22**

Egg and Cheese Biscuit Assorted Cereal  
Fruit Variety & Juice  
1% or Fat Free Milk **23**

Gravy Biscuit, Sausage Assorted Cereal  
Fruit Variety & Juice  
1% or Fat Free Milk **24**

**NO SCHOOL** **27**

Sausage Biscuit Assorted Cereal  
Fruit Variety & Juice  
1% or Fat Free Milk **28**

Muffins Assorted Cereal  
Fruit Variety & Juice  
1% or Fat Free Milk **29**

Breakfast Pizza Assorted Cereal  
Fruit Variety & Juice  
1% or Fat Free Milk **30**

Gravy Biscuit, Bacon Assorted Cereal  
Fruit Variety & Juice  
1% or Fat Free Milk **31**

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**May is National Egg Month.** Eggs can be eaten in a salad, as part of a breakfast sandwich, as an omelet, mixed into fried rice or simply boiled, fried or scrambled. How do you like to eat eggs?

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY



Chicken Tenders w/Roll  
Mashed Potatoes  
Peas  
Fresh Fruit  
Salad Bar **1**

BBQ Pork Sandwich  
Baby Bakers  
Green Beans  
Biscuit  
Fresh Fruit  
Salad Bar **2**

Cheesy Pull-Apart  
Potato Wedges  
Broccoli  
Fresh Fruit  
Salad Bar **3**

Pizza  
Curly Fries  
Broccoli & Cheese  
Fresh Fruit  
Salad Bar **6**

Gravy & Biscuits  
Bacon & Hashbrowns  
Baked Apples  
Fresh Fruit  
Salad Bar **7**

Chicken Tenders w/Roll  
Mashed Potatoes  
Corn  
Fresh Fruit  
Salad Bar **8**

Fish  
Hushpuppies  
Corn on the Cob  
Slaw  
Fresh Fruit  
Salad Bar **9**

Ham or Turkey  
Hoagie  
Chips  
Baked Beans  
Fresh Fruit  
Salad Bar **10**

Grilled Chicken  
Mac&Cheese  
Green Beans  
Fresh Fruit  
Salad Bar **13**

Crispy or Spicy Chicken  
Sandwich  
Curly Fries  
Broccoli & Cheese  
Fresh Fruit  
Salad Bar **14**

Chicken Tenders w/Roll  
Mashed Potatoes  
Peas  
Fresh Fruit  
Salad Bar **15**

Corn Dogs  
Potato Babies  
Green Beans  
Fresh Fruit  
Salad Bar **16**

Chicken Fajita Nachos  
Fiesta Black Beans  
Rice  
Queso Cheese  
Fresh Fruit  
Salad Bar **17**

Hot Dogs  
Chili  
Fries  
Corn  
Fresh Fruit  
Salad Bar **20**

Cheeseburger/  
Hamburger  
French Fries  
Fresh Fruit  
Salad Bar **21**

Chicken Tenders w/Roll  
Mashed Potatoes  
Peas  
Fresh Fruit  
Salad Bar **22**

**½ DISMISSAL**  
**NO LUNCH** **23**

**NO SCHOOL** **24**

**NO**  
**SCHOOL** **27**

Pizza  
Curly Fries  
Broccoli & Cheese  
Fresh Fruit  
Salad Bar **28**

Chicken Tenders w/Roll  
Mashed Potatoes  
Corn  
Fresh Fruit  
Salad Bar **29**

Chili, Chips, and Cheese  
Baked Potatoes  
Fresh Fruit  
Salad Bar **30**

Ham or Turkey  
Hoagie  
Chips  
Baked Beans  
Fresh Fruit **31**