

# May 2023

## Towns County K-12 Breakfast

### Monday

**1**  
Breakfast Pizza  
Waffles  
Cereal  
Cereal Bar  
Fruit or Fruit Juice  
Milk

**8**  
Blueberry Muffin  
Cinnamon Roll  
Cereal  
Cereal Bar  
Fruit or Fruit Juice  
Milk

**15**  
Muffin  
Cinnamon Roll  
Cereal  
Cereal Bar  
Fruit or Fruit Juice  
Milk

**22**

**29**

### Tuesday

**2**  
Sausage Biscuit  
Mini Pancakes  
Cereal  
Cereal Bar  
Fruit or Fruit Juice  
Milk

**9**  
Breakfast Pizza  
Mini Pancakes  
Cereal  
Cereal Bar  
Fruit or Fruit Juice  
Milk

**16**  
Breakfast Pizza  
Mini Pancakes  
Cereal  
Cereal Bar  
Fruit or Fruit Juice  
Milk

**23**

**30**

### Wednesday

**3**  
Chicken Biscuit  
Apple Strudel  
Cereal  
Cereal Bar  
Fruit or Fruit Juice  
Milk

**10**  
Chicken Biscuit  
Apple Strudel  
Cereal  
Cereal Bar  
Fruit or Fruit Juice  
Milk

**17**  
Chicken Biscuit  
Apple Strudel  
Cereal  
Cereal Bar  
Fruit or Fruit Juice  
Milk

**24**

**31**

### Thursday

**4**  
Sausage Biscuit  
Mini French toast  
Cereal  
Cereal Bar  
Fruit or Fruit Juice  
Milk

**11**  
Sausage Biscuit  
Mini French toast  
Cereal  
Cereal Bar  
Fruit or Fruit Juice  
Milk

**18**  
Waffles  
Honey Bun  
Cereal  
Cereal Bar  
Fruit or Fruit Juice  
Milk

**25**

### Friday

**5**  
Sausage Links &  
Waffles  
Honey Bun  
Cereal  
Cereal Bar  
Fruit or Fruit Juice  
Milk

**12**  
Waffles  
Honey Bun  
Cereal  
Cereal Bar  
Fruit or Fruit Juice  
Milk

**19**  
Cereal  
Cereal Bar  
Fruit or Fruit Juice  
Milk

**26**

### Offered Daily

Choice of 1% White or  
Chocolate Milk  
Fresh or Canned Fruit, 100%  
Fruit Juice.

### School Info

Meal Prices are:  
Full Pay Breakfast: \$2.00  
Reduced Breakfast: .30  
Full Pay Lunch: \$2.50  
Reduced Lunch: .40  
Adult Lunch: \$4.50  
Extra Foods range from \$.75 to  
\$3.00.

Harvest of the Month



#### Blueberries

Blueberries were originally  
called "star berries" because  
the blossom end is star-  
shaped with five points. They  
provide vitamin C, fiber, and  
iron.

Menu is subject to change  
without prior notification.

This institution is an equal  
opportunity provider.

### Did you know?

The Empire State Building opened its doors  
on May 1, 1931. At the point of its  
construction, it held the record for being  
the tallest building in the world.