



Explorer's Morning Menu

May / June

Monday	Tuesday	Wednesday	Thursday	Friday
30 Fruit Sauce Breakfast Pizza Whole Grain Toast Low Fat Milk	1 100% Fruit Juice Egg Entrée Whole Grain Toast Low Fat Milk	2 Fruit Sauce Muffin Whole Grain Toast Cheese Slice Low Fat Milk	3 100% Fruit Juice Breakfast Bites Whole Grain Toast Low Fat Milk	4 Fruit Sauce Cold Cereal Whole Grain Toast Low Fat Milk
7 Fruit Sauce Cereal Whole Grain Toast Low Fat Milk	8 100% Fruit Juice Scrambled Eggs Whole Grain Toast Low Fat Milk	9 Fruit Sauce Bagel w/ Sunbutter Lo-fat Cheese Stick Whole Grain Toast Low Fat Milk	10 100% Fruit Juice Cold Cereal Whole Grain Toast Low Fat Milk	11 100% Fruit Juice Ham/Cheese Brkft Bar Whole Grain Toast Low Fat Milk
14 Lite Fruit Sauce Breakfast Pizza Whole Grain Toast Low Fat Milk	15 Fruit Sauce English Muffin Lo-fat Cheese Slice Whole Grain Toast Low Fat Milk	16 Fruit Sauce Omelet Whole Grain Toast Low Fat Milk	17 100% Fruit Juice French Toast Sausage Whole Grain Toast Low Fat Milk	18 100% Fruit Juice Cold Cereal Whole Grain Toast Low Fat Milk Choice
21 100% Fruit Juice Lo- fat Yogurt Pancakes Whole Grain Toast Low Fat Milk	22 100% Fruit Juice Cold Cereal Whole Grain Toast Low Fat Milk	23 Fruit Sauce Cinnamon Roll Cheese Slice Whole Grain Toast Low Fat Milk	24 100% Fruit Juice Cold Cereal Whole Grain Toast Low Fat Milk	25 100% Fruit Juice *Ham/Cheese Brkft Bar Whole Grain Toast Low Fat Milk *contains Pork
28 No School	29 100% Fruit Juice Egg Entrée Whole Grain Toast Low Fat Milk	30 Fruit Sauce Muffin Whole Grain Toast Cheese Slice Low Fat Milk	31 100% Fruit Juice Breakfast Bites Whole Grain Toast Low Fat Milk	1 Fruit Sauce Cold Cereal Whole Grain Toast Low Fat Milk
4 Fruit Sauce Cereal Whole Grain Toast Low Fat Milk	5 100% Fruit Juice Scrambled Eggs Whole Grain Toast Low Fat Milk	6 Cook's Choice	7 Cook's Choice	8 No School!

Menus are created by the Minnetonka Nutrition Services department. We strive to provide healthy choices following the RDA's and USDA's MyPyramid. We limit the number of offerings of foods that should be eaten less regularly.