



# Arlene's May 2026 High School Breakfast Menu

<p><i>Carbs listed for each item in blue font</i></p>				<p>1 Strawberry Pull Apart Bagel (2wg) <b>42</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>19/13</b></p>
<p>4 Banana/Choc Oatmeal Round (2wg) <b>39</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>19/13</b></p>	<p>5 Blueberry Muffin (2wg) <b>36</b> Craisins (1/2c) <b>34</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>19/13</b></p>	<p>6 Cinnamon Bun (2wg) <b>34</b> Apple (1/2c) <b>25</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>19/13</b></p>	<p>7 Banana Bread (2wg) <b>43</b> Craisins (1/2c) <b>34</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>19/13</b></p>	<p>8 Super Breakfast Ring (1g) <b>27</b> Strawberry Pop Tart (1wg) <b>38</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>19/13</b></p>
<p>11 Nutri-Grain Bar (1wg) <b>30</b> Cereal Bar (1wg) <b>30</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>19/13</b></p>	<p>12 Strawberry Pop Tart (1wg) <b>38</b> Cereal Bar (1wg) <b>30</b> Craisins (1/2c) <b>34</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>19/13</b></p>	<p>13 Cinnamon Bun (2wg) <b>34</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>19/13</b></p>	<p>14 Blueberry Muffin (2wg) <b>36</b> Apple (1/2c) <b>25</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>19/13</b></p>	<p>15 Cinnamon Pull Apart Bagel (2wg) <b>42</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>19/13</b></p>
<p>18 Apple/Cinnamon Oatmeal Round (2wg) <b>39</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>19/13</b></p>	<p>19 Chocolate Muffin (2wg) <b>36</b> Craisins (1/2c) <b>34</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>19/13</b></p>	<p>20 Cinnamon Bun (2wg) <b>34</b> Apple (1/2c) <b>25</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>19/13</b></p>	<p>21 Chocolate Bread (2wg) <b>43</b> Craisins (1/2c) <b>34</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>19/13</b></p>	<p>22 Super Breakfast Ring (1g) <b>27</b> Strawberry Pop Tart (1wg) <b>38</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>19/13</b></p>
	<p>26 Banana Bread (2wg) <b>43</b> Craisins (1/2c) <b>34</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>19/13</b></p>	<p>27 Cinnamon Bun (2wg) <b>34</b> Apple (1/2c) <b>25</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>19/13</b></p>	<p>28 Blueberry Muffin (2wg) <b>36</b> Craisins (1/2c) <b>34</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>19/13</b></p>	<p>29 Strawberry Pull Apart Bagel (2wg) <b>42</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>19/13</b></p>

MENU SUBJECT TO CHANGE  
 MENU CONTAINS MILK, EGG, WHEAT AND SOY PRODUCTS; ALLERGEN INFO INCLUDED ON BACK OF DAILY DELIVERY SLIP  
 NO PORK, PEANUTS OR FISH PRODUCTS SERVED AT ANY TIME  
 USDA IS AN EQUAL OPPORTUNITY PROVIDER, EMPLOYER, AND LENDER