

# MAY 2025

# Mineral Point School District

## BREAKFAST



**School Information:** Milk Choice of 1% White or Chocolate Skim included with Breakfast. For questions contact FSD Kimmy Mumm at [foodservedirector@mp.k12.us](mailto:foodservedirector@mp.k12.us) or call 608-987-0734



**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



Mini Cinni, Choice of Cereal, Goldfish Graham Cracker, Juice Choice, Apple, 1% Milk

5

Breakfast Sandwich, Choice of Cereal, Goldfish Graham Cracker, Juice Choice, Apple, 1% Milk

6

Mini Cinni, Choice of Cereal, Goldfish Graham Cracker, Juice Choice, Apple, 1% Milk

7

Breakfast Sandwich, Choice of Cereal, Goldfish Graham Cracker, Juice Choice, Apple, 1% Milk

8

Long John With Vanilla Frosting, Choice of Cereal, Goldfish Graham Cracker, Juice Choice, Apple, 1% Milk

9

Banana Bread, String Cheese, Choice of Cereal, Goldfish Graham Cracker, Juice Choice, Apple, 1% Milk

12

Breakfast Sandwich, Choice of Cereal, Goldfish Graham Cracker, Juice Choice, Apple, 1% Milk

13

Long John With Vanilla Frosting, Choice of Cereal, Goldfish Graham Cracker, Juice Choice, Apple, 1% Milk

14

Breakfast Sandwich, Choice of Cereal, Goldfish Graham Cracker, Juice Choice, Apple, 1% Milk

15

Mini Cinni, Choice of Cereal, Goldfish Graham Cracker, Juice Choice, Apple, 1% Milk

16

Long John With Vanilla Frosting, Choice of Cereal, Goldfish Graham Cracker, Juice Choice, Apple, 1% Milk

19

Breakfast Sandwich, Choice of Cereal, Goldfish Graham Cracker, Juice Choice, Apple, 1% Milk

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Cinnamon Roll, Choice of Cereal, Goldfish Graham Cracker, Juice Choice, Apple, 1% Milk

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Breakfast Sandwich, Choice of Cereal, Goldfish Graham Cracker, Juice Choice, Apple, 1% Milk

22

Banana Bread, String Cheese, Choice of Cereal, Goldfish Graham Cracker, Juice Choice, Apple, 1% Milk

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Memorial Day No School

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Breakfast Sandwich, Choice of Cereal, Goldfish Graham Cracker, Juice Choice, Apple, 1% Milk

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Banana Bread, String Cheese, Choice of Cereal, Goldfish Graham Cracker, Juice Choice, Apple, 1% Milk

28

Breakfast Sandwich, Choice of Cereal, Goldfish Graham Cracker, Juice Choice, Apple, 1% Milk

29

Cinnamon Roll, Choice of Cereal, Goldfish Graham Cracker, Juice Choice, Apple, 1% Milk

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# JUNE 2025

## Mineral Point School District

### BREAKFAST



**School Information:** Milk Choice of 1% White or Chocolate Skim included with Breakfast. For questions contact FSD Kimmy Mumm at [foodservedirector@mp.k12.us](mailto:foodservedirector@mp.k12.us) or call 608-987-0734



**June is National Dairy Month!** Complete your meal with a cup of fat-free or low-fat milk. You will get the same amount of calcium and other essential nutrients as whole milk but fewer calories. Don't drink milk? Try a soy beverage (soymilk) as your drink or include low-fat yogurt in your meal or snack.

Reference: USDA MyPlate

#### MONDAY

Banana Bread, String Cheese, Choice of Cereal, Goldfish Graham Cracker, Juice Choice, Apple, 1% Milk

2

#### TUESDAY

Breakfast Sandwich, Choice of Cereal, Goldfish Graham Cracker, Juice Choice, Apple, 1% Milk

3

#### WEDNESDAY

Choice of Cereal, Goldfish Graham Cracker, Juice Choice, Apple, 1% Milk

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#### THURSDAY

Have a great summer vacation!

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#### FRIDAY

Menus are subject to change without notice. This institution is an equal opportunity provider.

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