



## Westport Middle Schools Breakfast MAY 2017

Monday	Tuesday	Wednesday	Thursday	Friday
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Alternate options available daily for ala carte Breakfast:  
 Cereal Cups, Mozzarella Cheesesticks, Muffins, Bagels, Fruit & Yogurt Parfaits,  
 Fresh Fruit Cups & Breakfast Bars

1	2	3	4	5
Assorted Muffin with Fresh Fruit and Yogurt Cup	Assorted Bagel w/ Cream Cheese and Fresh Fruit	Yogurt Parfait with Fruit, Cereal & Graham Crackers	Assorted Cereal w/Fresh Fruit, & Cheese stick	Assorted Muffin with Fresh Fruit and Yogurt Cup
8	9	10	11	12
Assorted Bagel Cream Cheese and Fresh Fruit	Yogurt Parfait with Fruit, Cereal & Graham Crackers	Assorted Cereal w/Fresh Fruit, Milk & Cheese stick	Assorted Muffin with Fresh Fruit and Yogurt Cup	Assorted Bagel w/ Cream Cheese and Fresh Fruit
15	16	17	18	19
Assorted Bagel Cream Cheese and Fresh Fruit	Yogurt Parfait with Fruit, Cereal & Graham Crackers	Assorted Cereal with Fresh Fruit, & Cheese stick	Assorted Muffin with Fresh Fruit and Yogurt Cup	Assorted Bagel w/ Cream Cheese and Fresh Fruit Crackers
22	23	24	25	26
Yogurt Parfait with Fruit, Cereal & Graham	Assorted Cereal w/ Fresh Fruit, & Cheesestick	Assorted Muffin with Fresh Fruit and Yogurt Cup	Assorted Bagel w/ Cream Cheese and Fresh Fruit	Yogurt Parfait with Fruit, Cereal & Graham Crackers
29	30	31		
CLOSED FOR MEMORIAL DAY	Assorted Muffin with Fresh Fruit and Yogurt Cup	Assorted Bagel w/ Cream Cheese and Fresh Fruit		

**MONTHLY FOOD FOCUS:** May's Food Focus is Berries! Berries are packed with important vitamins and nutrients, such as vitamin C, antioxidants, and fiber. These are all helpful in keeping your body healthy. Some of those nutrients have been shown to help build your immune system so you can fight off illnesses, control blood sugar for people with diabetes, and protect against many forms of cancer.

**Have Questions?**

Deborah  
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