|  **Empower May 2025 Breakfast Menu** |
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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| ***28*** | ***29*** | ***30*** | ***01*** | ***02*** |
| Assorted Cereal (2oz)Muffin (1oz)Yogurt (½c ) Cutie Orange (½c)1% Milk (1c) | Nutri Grain Bar (2oz)Applesauce (½c)100% Fruit Juice (4oz)1% Milk (1c) | Assorted Cereal (2oz)Muffin (1oz)Raisins (½c ) Fresh Fruit (½c)1% Milk (1c) | Nutri Grain Bar (2oz)Cutie Orange (½c)Jello (4oz)100% Fruit Juice (4oz)1% Milk (1c) | Assorted Cereal (2oz)Muffin (1oz)Peaches (½c ) 1% Milk (1c) |
| **05** | **06** | **07** | **08** | **09** |
| Assorted Cereal (2oz)Granola Bar (1oz)Banana (½c ) Fresh Fruit (½c)1% Milk (1c) | Nutri Grain Bar (2oz)Applesauce (½c)100% Fruit Juice (4oz)1% Milk (1c) | Assorted Cereal (2oz)Muffin (1oz)Raisins (½c ) Fresh Fruit (½c)1% Milk (1c) | Nutri Grain Bar (2oz)Fruit Cup (½c)100% Fruit Juice (4oz)1% Milk (1c) | Assorted Cereal (2oz)Muffin (1oz)Peaches (½c ) 1% Milk (1c) |
| **12** | **13** | **14** | **15** | **16** |
| Assorted Cereal (2oz)Muffin (1oz)Yogurt (½c ) Cutie Orange (½c)1% Milk (1c) | Nutri Grain Bar (2oz)Applesauce (½c)100% Fruit Juice (4oz)1% Milk (1c) | Assorted Cereal (2oz)Muffin (1oz)Raisins (½c ) Fresh Fruit (½c)1% Milk (1c) | Nutri Grain Bar (2oz)Cutie Orange (½c)Jello (4oz)100% Fruit Juice (4oz)1% Milk (1c) | Assorted Cereal (2oz)Muffin (1oz)Peaches (½c ) 1% Milk (1c) |
| **19** | **20** | **21** | **22** | **23** |
| Assorted Cereal (2oz)Granola Bar (1oz)Banana (½c ) Fresh Fruit (½c)1% Milk (1c) | Nutri Grain Bar (2oz)Applesauce (½c)100% Fruit Juice (4oz)1% Milk (1c) | Assorted Cereal (2oz)Muffin (1oz)Raisins (½c ) Fresh Fruit (½c)1% Milk (1c) | Nutri Grain Bar (2oz)Fruit Cup (½c)100% Fruit Juice (4oz)1% Milk (1c) | Assorted Cereal (2oz)Muffin (1oz)Peaches (½c ) 1% Milk (1c) |
| ***26*** | ***27*** | ***28*** | ***29*** | ***30*** |
| Assorted Cereal (2oz)Muffin (1oz)Yogurt (½c ) Cutie Orange (½c)1% Milk (1c) | Nutri Grain Bar (2oz)Applesauce (½c)100% Fruit Juice (4oz)1% Milk (1c) | Assorted Cereal (2oz)Muffin (1oz)Raisins (½c ) Fresh Fruit (½c)1% Milk (1c) | Nutri Grain Bar (2oz)Cutie Orange (½c)Jello (4oz)100% Fruit Juice (4oz)1% Milk (1c) | Assorted Cereal (2oz)Muffin (1oz)Peaches (½c ) 1% Milk (1c) |
| **June 2** |  |  |  |  |
| Nutri Grain Bar (2oz)Applesauce (½c)100% Fruit Juice (4oz)1% Milk (1c) |  ***May 2025*** ~ BREAKFAST MENU CYCLE ~ ***Revised: 04/26/2025******Menu items are subject to change according to product availability.***  |