| **Empower May 2025 Breakfast Menu** | | | | | |
| --- | --- | --- | --- | --- | --- |
| **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.*** | | | | |