



## In Season Cherries

Cherries are known to contain certain chemicals that are very effective in relieving pain better than medicines like aspirin and ibuprofen.

Cherries are best paired with things like chives, dairy products, and meats.



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

Banana Bread  
Fruit, Juice  
Milk **3**

French Toast  
Fruit, Juice  
Milk **4**

Mini Cinnies  
Fruit, Juice  
Milk **5**

Maple Mini  
Pancakes  
Fruit, Juice  
Milk **6**

Coffee Cake  
Fruit, Juice  
Milk **7**

Banana Bread  
Fruit, Juice  
Milk **10**

French Toast  
Fruit, Juice  
Milk **11**

Mini Cinnies  
Fruit, Juice  
Milk **12**

Maple Mini  
Pancakes  
Fruit, Juice  
Milk **13**

Coffee Cake  
Fruit, Juice  
Milk **14**

Banana Bread  
Fruit, Juice  
Milk **17**

French Toast  
Fruit, Juice  
Milk **18**

Mini Cinnies  
Fruit, Juice  
Milk **19**

Maple Mini  
Pancakes  
Fruit, Juice  
Milk **20**

Coffee Cake  
Fruit, Juice  
Milk **21**

Banana Bread  
Fruit, Juice  
Milk **24**

French Toast  
Fruit, Juice  
Milk **25**

Mini Cinnies  
Fruit, Juice  
Milk **26**

Maple Mini  
Pancakes  
Fruit, Juice  
Milk **27**

Coffee Cake  
Fruit, Juice  
Milk **28**

NO SCHOOL  
MEMORIAL DAY **31**

## Announcements

### Grab & Go Breakfast Menu

Daily Milk Options:  
1% White Milk  
Nonfat Chocolate Milk

Please find additional information from the Food Services Department at:  
[Engage.rsd407.org/foodservice](http://Engage.rsd407.org/foodservice)

## Meal Prices

Breakfast and Lunch are FREE for all children age 18 and Under.