



## BREAKFAST

# MAY 2022

Forge International School

Monday

Cereal  
Fruit  
100% Juice  
Choice of Milk

2

Tuesday

Cherry Frudal  
Fruit  
100% Juice  
Choice of Milk

3

Wednesday

Oat Bar  
Fruit  
Yogurt  
100% Juice  
Choice of Milk

4

Thursday

Breakfast Pizza (pork free)  
Fruit  
100% Juice  
1%Milk

5

Friday

NO SCHOOL

6

Cereal  
Fruit  
100% Juice  
Choice of Milk

9

Apple Frudal  
Fruit  
100% Juice  
Choice of Milk

10

Muffin  
Fruit  
Yogurt  
100% Juice  
Choice of Milk

11

Tornados  
Fruit  
100% Juice  
Choice of Milk

12

NO SCHOOL

13

Cereal  
Fruit  
100% Juice  
Choice of Milk

16

Cherry Frudal  
Fruit  
100% Juice  
Choice of Milk

17

Oat Bar  
Fruit  
Yogurt  
100% Juice  
Choice of Milk

18

Breakfast Pizza (pork free)  
Fruit  
100% Juice  
1%Milk

19

NO SCHOOL

20

Cereal  
Fruit  
100% Juice  
Choice of Milk

23

Apple Frudal  
Fruit  
100% Juice  
Choice of Milk

24

Breakfast Bread  
Fruit  
Yogurt  
100% Juice  
Choice of Milk

25

Tornados  
Fruit  
100% Juice  
Choice of Milk

26

NO SCHOOL

27

NO SCHOOL

30

Cinnis Rolls  
Fruit  
100% Juice  
Choice of Milk

31

This Institution is an equal opportunity provider.