

May 2023

MEDGAR EVERS PRIMARY ACADEMIC CENTER



Monday

1

LUCKY CHARMS
CEREAL
GRAIN BAR
100 % JUICE
1% WHITE OR CHOC
MILK

8

CHOCOLATE MUFFIN
STRING CHEESE
FRUIT CUP, 100 %
ORANGE JUICE
1% WHITE OR CHOC
MILK

15

FRENCH TOAST
SAUSAGE W/ SYRUP
FRUIT
100 % ORANGE JUICE
1% WHITE OR CHOC
MILK

22

INSTITUTE DAY

29

Tuesday

2

BANANA MUFFINS
FRUIT CUP
100% JUICE
1% WHITE OR CHOC
MILK

9

OPEN FACE
CHEESE ON
WHEAT TOAST
100 % JUICE
CANNED FRUIT
1% WHITE OR CHOC
MILK

16

CHOC MUFFIN
CHEESE STICKS
100 % JUICE
FRUIT
1% WHITE OR CHOC
MILK

23

FRUIT LOOPS
CEREAL
GRAIN BAR
100 % JUICE
1% WHITE OR CHOC
MILK

30

Wednesday

3

TRIX CEREAL
GRAIN BAR
100 % JUICE
1% WHITE OR
CHOC MILK

10

COCO PUFF
CEREAL
GRAIN BAR
100 % JUICE
1% WHITE OR CHOC
MILK

17

PEANUT BUTTER
OR SUB BUTTER
GRAHAM CRACKERS
FRUIT
100 % JUICE
1% WHITE OR CHOC
MILK

24

LUCKY CHARMS
CEREAL
GRAIN BAR
100 % JUICE
1% WHITE OR CHOC
MILK

31

Thursday

4

GO-GURT
BREAKFAST BAR
FRUIT
100% JUICE
1% WHITE OR CHOC
MILK

11

MIXED DANISH
100 % JUICE
CANNED FRUIT
1% WHITE OR CHOC
MILK

18

TRIX CEREAL
GRAIN BAR
100 % JUICE
1% WHITE OR CHOC
MILK

25

MIXED
CEREALS
GRAIN BAR
100 % JUICE
1% WHITE OR CHOC
MILK

Friday

5

HONEY NUT
CHEERIOS CEREAL
GRAIN BAR
100 % JUICE
1% WHITE OR CHOC
MILK

12

SLICED HAM
BISCUIT W/ JELLY
FRUIT CUP
100 % ORANGE
JUICE
1% WHITE OR
CHOC MILK

19

APPLE JACKS
CEREAL
GRAIN BAR
100 % JUICE
1% WHITE OR CHOC
MILK

26

MENU SUBJECT TO CHANGE

Did you know?

The Empire State Building opened its doors on May 1, 1931. At the point of its construction, it held the record for being the tallest building in the world.