

BREAKFAST MAY 2012

Common Ground High School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	French Toast Apples 1	French Toast Bananas 2	Bagels Cream Cheese 3	French Toast Bananas 4
Muffins 7	French Toast Bananas 8	Muffins 9	Bagels Cream Cheese 10	Muffins 11
Muffins 14	French Toast Bananas 15	Muffins 16	Bagels Cream Cheese 17	French Toast Bananas 18
Muffins 21	French Toast Bananas 22	Muffins 23	Bagels Cream Cheese 24	Bagels Cream Cheese 25
<u>MEMORIAL DAY</u> 28	French Toast Bananas 29	Muffins 30	Bagels Cream Cheese 31	

NUTRITION TIP: Hydration Tips for Athletes

- Only a 2% (3-lb loss for a 150-lb athlete) weight loss during exercise can reduce your performance.²
- When you get thirsty you are already dehydrated. Try to drink every 15 minutes of exercise.³



Served Daily:

- Cereal, Yogurt
- Peanut Butter & Jelly w/Whole Grain Bread
- 1% White Milk, Juice (apple, grape, or orange)
- Fruit