

# MAY | 2026

## Pellston MSHS Breakfast **CARBS**








MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p><b>27</b></p>	<p><b>28</b></p> 	<p><b>29</b></p>	<p><b>30</b></p> 	<p><b>1</b></p> <p>Baked Oatmeal with Butter and Cinnamon<b>23</b></p> <p>Protein: Boiled Egg<b>0</b></p>
<p><b>4</b></p> <p>WG Cinnamon Donuts<b>20</b></p> <p>Protein: Turkey Stick <b>1</b></p>	<p><b>5</b></p> <p>WG Chorizo Breakfast Taco<b>24</b></p> <p>Protein: Cottage Cheese<b>5</b></p>	<p><b>6</b></p>  <p>WG Croissant with Ham, Egg and Cheese<b>31</b></p> <p>Protein: Yogurt<b>14</b></p>	<p><b>7</b></p> <p>WG Pancakes <b>27</b> and Sausage Links<b>1</b></p> <p>Protein: Cheese Stick<b>1</b></p>	<p><b>8</b></p> <p>WG Biscuit and Gravy<b>24</b></p> <p>Protein: Boiled Egg</p>
<p><b>11</b></p> <p>WG Pancake Wraps<b>16</b></p> <p>Protein: Turkey Stick</p>	<p><b>12</b></p> <p>Egg Bites<b>4</b> and Biscuit Stick<b>38</b></p> <p>Protein: Cottage Cheese</p>	<p><b>13</b></p> <p>WG English Muffin with Sausage, Egg and Cheese<b>25</b></p> <p>Protein: Yogurt</p>	<p><b>14</b></p> <p>WG French Toast<b>27</b> Warm Berries<b>3</b></p> <p>Protein: Cheese Stick</p>	<p><b>15</b></p> <p>Scrambled Eggs with Ham and Cheese <b>2</b> and ½ WG English Muffin<b>10</b></p> <p>Protein: Boiled Egg</p>
<p><b>18</b></p> <p>WG Warm Scone<b>52</b></p> <p>Protein: Turkey Stick</p>	<p><b>19</b></p> <p>Sausage Gravy Boat with Roasted Potatoes and Scrambled Eggs<b>21</b></p> <p>Protein: Cottage Cheese</p>	<p><b>20</b></p> <p>WG Croissant with Sausage, Egg and Cheese<b>31</b></p> <p>Protein: Yogurt</p>	<p><b>21</b></p> <p>WG French Toast Bake<b>25</b></p> <p>Protein: Cheese Stick</p>	<p><b>22</b></p>  <p>No School</p>
<p><b>25</b></p>  <p>Memorial Day</p>	<p><b>26</b></p> <p>Cheese Omelet <b>4</b> and Hashbrown Patty<b>13</b></p> <p>Protein: Cottage Cheese</p>	<p><b>27</b></p> <p>WG Pancake Sandwich with Bacon, Egg and Cheese<b>28</b></p> <p>Protein: Yogurt</p>	<p><b>28</b></p> <p>WG Emoji Waffles<b>27</b> Bacon <b>1</b></p> <p>Protein: Cheese Stick</p>	<p><b>29</b></p> <p>Cheesy Egg Bake<b>17</b> (Eggs, Hashbrowns, Bacon, Cheese)</p> <p>Protein: Boiled Egg</p>

### Every Free Breakfast Includes:

Choice of Whole Grain Item

Protein Item (Meat Stick, Cottage Cheese, Yogurt, String Cheese, Boiled Egg)

Fresh Fruit or 100% Juice

1% / Fat-Free Milk (White & Chocolate)

WG = Whole Grain

Substitutions may be necessary.

Questions? Contact Mariah Heinz:

mheinz@pellstonschools.org  
231-539-8801 ext. 10039

