



SERVED DAILY:
 FRESH FRUIT / FRUIT JUICE
 MILK: 1%, SKIM, CHOCOLATE, STRAWBERRY
 GRAB & GO: CEREAL



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday



Tuesday

Wednesday

Thursday

Friday

1

IN-SERVICE DAY

2

IN-SERVICE DAY

3

IN-SERVICE DAY

4

IN-SERVICE DAY

EGGS OR YOGURT **7**
 TOAST/*ENGLISH MUFFIN
 *CEREAL

*SAUSAGE BISCUIT **8**
 *CEREAL

*PANCAKES **9**
 SAUSAGE LINK

EGGS OR YOGURT **10**
 TOAST/*ENGLISH MUFFIN
 *CEREAL

*SAUSAGE BISCUIT **11**
 *CEREAL

EGGS OR YOGURT **14**
 TOAST / ENGLISH MUFFIN
 *CEREAL

*SAUSAGE BISCUIT **15**
 *CEREAL

*FRENCH TOAST STI **16**
 SAUSAGE LINK

EGGS OR YOGURT **17**
 TOAST / ENGLISH MUFFIN
 *CEREAL

*SAUSAGE BISCUIT **18**
 *CEREAL

EGGS OR YOGURT **21**
 TOAST / ENGLISH MUFFIN
 *CEREAL

*SAUSAGE BISCUIT **22**
 *CEREAL

*WAFFLES **23**
 SAUSAGE LINK

EGGS OR YOGURT **24**
 TOAST / ENGLISH MUFFIN
 *CEREAL

*SAUSAGE BISCUIT **25**
 *CEREAL

EGGS OR YOGURT **28**
 TOAST/*ENGLISH MUFFIN
 *CEREAL

*SAUSAGE BISCUIT **29**
 *CEREAL

*PANCAKES **30**
 SAUSAGE LINK

EGGS OR YOGURT **31**
 TOAST/*ENGLISH MUFFIN
 *CEREAL

*WHOLE GRAIN
MEALS SUBJECT TO CHANGE