



OFFERED DAILY: WHOLE GRAIN ITEMS
ASSORT. DRY CEREAL / GRANOLA BARS /
BLUEBERRY MUFFIN OR POP TARTS
MILK: 1%, SKIM, CHOC, STRAWBERRY



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

2
SCR EGG PATTY OR YOGURT
TOAST OR ENGLISH MUFFIN
FRUIT JUICE
FRESH FRUIT / FRUIT CUP
MILK

3
SAUSAGE BISCUIT
FRUIT JUICE
FRESH FRUIT / FRUIT CUP
MILK

4
PANCAKES W/SYRUP
SAUSAGE LINK
FRUIT JUICE
FRESH FRUIT / FRUIT CUP
MILK

5
BREAKFAST PIZZA
FRUIT JUICE
FRESH FRUIT / FRUIT CUP
MILK

6
GRAVY BISCUIT
FRUIT JUICE
FRESH FRUIT / FRUIT CUP
MILK

9
SCR EGGS OR YOGURT
TOAST OR ENGLISH MUFFIN
FRUIT JUICE
FRESH FRUIT / FRUIT CUP
MILK

10
SAUSAGE BISCUIT
FRUIT JUICE
FRESH FRUIT / FRUIT CUP
MILK

11
FRENCH TOAST STICK
W/SYRUP
SAUSAGE LINK
FRUIT JUICE
FRESH FRUIT / FRUIT CUP
MILK

12
BREAKFAST PIZZA
FRUIT JUICE
FRESH FRUIT / FRUIT CUP
MILK

13
CHICKEN BISCUIT
FRUIT JUICE
FRESH FRUIT / FRUIT CUP
MILK

16
SCR EGG PATTY OR YOGURT
TOAST OR ENGLISH MUFFIN
FRUIT JUICE
FRESH FRUIT / FRUIT CUP
MILK

17
SAUSAGE BISCUIT
FRUIT JUICE
FRESH FRUIT / FRUIT CUP
MILK

18
WAFFLES W/SYRUP
SAUSAGE LINK
FRUIT JUICE
FRESH FRUIT / FRUIT CUP
MILK

19
BREAKFAST PIZZA
FRUIT JUICE
FRESH FRUIT / FRUIT CUP
MILK

20
GRAVY BISCUIT
FRUIT JUICE
FRESH FRUIT / FRUIT CUP
MILK

23
FALL BREAK

24
FALL BREAK

25
FALL BREAK

26
FALL BREAK

27
FALL BREAK

30
SCR EGGS OR YOGURT
TOAST OR ENGLISH MUFFIN
FRUIT JUICE
FRESH FRUIT / FRUIT CUP
MILK

31
SAUSAGE BISCUIT
FRUIT JUICE
FRESH FRUIT / FRUIT CUP
MILK



**MEALS
SUBJECT
TO
CHANGE**

