



OFFERED DAILY: WHOLE GRAIN ITEMS
ASSORT DRY CEREAL / GRANOLA BARS /
BLUEBERRY MUFFIN OR POP TART
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



BREAKFAST PIZZA **1**
FRUIT JUICE
FRESH FRUIT / FRUIT CUP
MILK

GRAVY BISCUIT **2**
FRUIT JUICE
FRESH FRUIT / FRUIT CUP
MILK

SCR EGG PATTY OR YOGURT **5**
TOAST OR ENGLISH MUFFIN
FRUIT JUICE
FRESH FRUIT / FRUIT CUP
MILK

SAUSAGE BISCUIT **6**
FRUIT JUICE
FRESH FRUIT / FRUIT CUP
MILK

PANCAKES W/SYRUP **7**
SAUSAGE LINK
FRUIT JUICE
FRESH FRUIT / FRUIT CUP
MILK

BREAKFAST PIZZA **8**
FRUIT JUICE
FRESH FRUIT / FRUIT CUP
MILK

CHICKEN BISCUIT **9**
FRUIT JUICE
FRESH FRUIT / FRUIT CUP
MILK

SCR EGGS OR YOGURT **12**
TOAST OR ENGLISH MUFFIN
FRUIT JUICE
FRESH FRUIT / FRUIT CUP
MILK

SAUSAGE BISCUIT **13**
FRUIT JUICE
FRESH FRUIT / FRUIT CUP
MILK

FRENCH TOAST STICKS **14**
W/SYRUP
SAUSAGE LINK
FRUIT JUICE
FRESH FRUIT / FRUIT CUP
MILK

BREAKFAST PIZZA **15**
FRUIT JUICE
FRESH FRUIT / FRUIT CUP
MILK

GRAVY BISCUIT **16**
FRUIT JUICE
FRESH FRUIT / FRUIT CUP
MILK

SCR EGG PATTY OR YOGURT **19**
TOAST OR ENGLISH MUFFIN
FRUIT JUICE
FRESH FRUIT / FRUIT CUP
MILK

SAUSAGE BISCUIT **20**
FRUIT JUICE
FRESH FRUIT / FRUIT CUP
MILK

WAFFLES W/SYRUP **21**
SAUSAGE LINK
FRUIT JUICE
FRESH FRUIT / FRUIT CUP
MILK

BREAKFAST PIZZA **22**
FRUIT JUICE
FRESH FRUIT / FRUIT CUP
MILK

CHICKEN BISCUIT **23**
FRUIT JUICE
FRESH FRUIT / FRUIT CUP
MILK

SCR EGGS OR YOGURT **26**
TOAST OR ENGLISH MUFFIN
FRUIT JUICE
FRESH FRUIT / FRUIT CUP
MILK

SAUSAGE BISCUIT **27**
FRUIT JUICE
FRESH FRUIT / FRUIT CUP
MILK

PANCAKES W/SYRUP **28**
SAUSAGE LINK
FRUIT JUICE
FRESH FRUIT / FRUIT CUP
MILK

