



OFFERED DAILY: WHOLE GRAIN ITEMS
ASSORT DRY CEREAL / GRANOLA BARS /
BLUEBERRY MUFFIN OR POP TART
MILK: 1%, 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

7
SCR EGGS W/BACON CRUMBLES
TOAST OR ENGLISH MUFFIN
FRUIT JUICE
FRESH FRUIT / FRUIT CUP
MILK

8
SAUSAGE BISCUIT
FRUIT JUICE
FRESH FRUIT / FRUIT CUP
MILK

9
PANCAKES W/SYRUP
SAUSAGE LINK
FRUIT JUICE
FRESH FRUIT / FRUIT CUP
MILK

10
CANADIAN BACON OR
CANADIAN BACON & EGG
ON BISCUIT OR ENG
MUFFIN
FRUIT JUICE
FRESH FRUIT / FRUIT CUP
MILK

11
CHICKEN BISCUIT
FRUIT JUICE
FRESH FRUIT / FRUIT CUP
MILK

14
IN-SERVICE DAY

15
SAUSAGE BISCUIT
FRUIT JUICE
FRESH FRUIT / FRUIT CUP
MILK

16
FRENCH TOAST STICKS
W/SYRUP
SAUSAGE LINK
FRUIT JUICE
FRESH FRUIT / FRUIT CUP
MILK

17
CANADIAN BACON OR
CANADIAN BACON & EGG
ON BISCUIT OR ENG
MUFFIN
FRUIT JUICE
FRESH FRUIT / FRUIT CUP
MILK

18
GRAVY BISCUIT
FRUIT JUICE
FRESH FRUIT / FRUIT CUP
MILK

21
SCR EGG PATTY W/CHEESE
TOAST OR ENGLISH MUFFIN
FRUIT JUICE
FRESH FRUIT / FRUIT CUP
MILK

22
SAUSAGE BISCUIT
FRUIT JUICE
FRESH FRUIT / FRUIT CUP
MILK

23
WAFFLES W/SYRUP
SAUSAGE LINK
FRUIT JUICE
FRESH FRUIT / FRUIT CUP
MILK

24
CHICKEN BISCUIT
FRUIT JUICE
FRESH FRUIT / FRUIT CUP
MILK

25

(LAST DAY FOR STUDENTS)

28

29

30

31

