



OFFERED DAILY: WHOLE GRAIN ITEMS

ASSORT DRY CEREAL / GRANOLA AND CEREAL 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

6

7
MEAL SUBJECT TO CHANGE

1

2

3

13
 SCR EGG PATTY W/CHEESEOR YOGURT TOAST OR ENG MUFFIN FRESH FRUIT FRUIT JUICE MILK

14
 SAUSAGE BISCUIT FRESH FRUIT / FRUIT CUP FRUIT JUICE MIK

8
 FRENCH TOAST STICK W/SYRUP SAUSAGE LINK FRESH FRUIT / FRUIT CUP FRUIT JUICE MILK

9
 BREAKFAST PIZZA FRESH FRUIT / FRUIT CUP FRUIT JUICE MILK

10
 GRAVY BISCUIT FRESH FRUIT / FRUIT CUP FRUIT JUICE MLK

20
 SCR EGG W /BACON CRUMBLES OR YOGURT TOAST OR ENG MUFFIN FRESH FRUIT FRUIT JUICE MILK

21
 SAUSAGE BISCUIT FRESH FRUIT / FRUIT CUP FRUIT JUICE MIK

15
 WAFFLES W/SYRUP SAUSAGE LINK FRESH FRUIT / FRUIT CUP FRUIT JUICE MILK

16
 BREAKFAST PIZZA FRESH FRUIT / FRUIT CUP FRUIT JUICE MILK

17
 CHICKEN BISCUIT FRESH FRUIT / FRUIT CUP FRUIT JUICE MLK

27
 SCR EGG PATTY W/CHEESEOR YOGURT TOAST OR ENG MUFFIN FRESH FRUIT FRUIT JUICE MILK

28
 SAUSAGE BISCUIT FRESH FRUIT / FRUIT CUP FRUIT JUICE MIK

22
 PANCAKES W/SYRUP SAUSAGE LINK FRESH FRUIT / FRUIT CUP FRUIT JUICE MILK

29
 FRENCH TOAST STICKSW/SYRUP SAUSAGE LINK FRESH FRUIT / FRUIT CUP FRUIT JUICE MILK

23
 BREAKFAST PIZZA FRESH FRUIT / FRUIT CUP FRUIT JUICE MILK

24
 GRAVY BISCUIT FRESH FRUIT / FRUIT CUP FRUIT JUICE MLK

30
 BREAKFAST PIZZA FRESH FRUIT / FRUIT CUP FRUIT JUICE MILK

31
 CHICKEN BISCUIT FRESH FRUIT / FRUIT CUP FRUIT JUICE MLK