



School Information: Student must select at least three food items. One selection must be at least ½ cup of fruits and/or vegetables. This institution is an equal opportunity provider.



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

Donut
Fruit
Juice
Milk **6**

Egg Combo Bar
Fruit
Juice
Milk **7**

English Muffin
Fruit
Juice
Milk **1**

Waffle
Peanut Butter
Fruit
Juice
Milk **2**

Biscuit w/Gravy
Fruit
Juice
Milk **3**

Bagels
Fruit
Juice
Milk **13**

Pancake of a Stick
Fruit
Juice
Milk **14**

Cereal
Graham Square
Fruit
Juice
Milk **8**

Pancakes
Fruit
Juice
Milk **9**

P B and J
Banana
Juice
Milk **10**

20

21

Breakfast Burrito
Fruit
Juice
Milk **15**

Cook's Choice **16**

Cook's Choice **17**

27

28

22

23

24

29

30

31