



**School Information:** 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



Coffee Cake or Assorted Cereal w/ Yogurt **1**  
Fruit  
Juice  
Milk

Scrambled Eggs or Assorted Cereal w/ Toast & Jelly **2**  
Fruit  
Juice  
Milk

Donut Ring or Assorted Cereal w/ Yogurt **5**  
Fruit  
Juice  
Milk

Grilled Cheese Sandwich Or Peanut Butter & Jelly Sandwich **6**  
Fruit  
Juice & Milk

Breakfast Pizza or Assorted Cereal w/ Toast & Jelly **7**  
Fruit  
Juice & Milk

French Toast Sticks w/ Syrup Or Assorted Cereal w/ Toast & Jelly **8**  
Fruit  
Juice & Milk

Pancakes w/ Syrup or Oatmeal w/ Toast & Jelly **9**  
Fruit  
Juice  
Milk

Mini Cinn. Waffles w/Syrup Assorted Cereal Bar w/ Cheese Stick **12**  
Fruit  
Juice & Milk

Blueberry Muffins or Assorted Cereal w/ Toast & Jelly **13**  
Fruit  
Juice & Milk

Oatmeal Bar or Assorted Cereal w/ Toast & Jelly **14**  
Fruit  
Juice & Milk

Biscuit & Gravy or Assorted Cereal w/ Yogurt **15**  
Fruit  
Juice  
Milk

Mini Powdered Donuts or Oatmeal w/ Toast & Jelly **16**  
Fruit  
Juice  
Milk

No School **19**

Breakfast Pizza (Egg & Gravy) Or Assorted Cereal w/ Toast & Jelly **20**  
Fruit, Juice & Milk

Pancake on a Stick w/ Syrup Or Assorted Cereal Bar w/ Yogurt **21**  
Fruit  
Juice & Milk

Yogurt & Blueberry Lemon Bites or Assorted Cereal w/Toast & Jelly **22**  
Fruit  
Juice & Milk

Applesauce Cake or Pop tart **23**  
Fruit  
Juice  
Milk

Mini Choc. Donuts or Assorted Cereal w/ Toast & Jelly **26**  
Fruit  
Juice & Milk

Mini Blueberry Waffles w/ Syrup or Assorted Cereal Bar w/ Yogurt **27**  
Fruit  
Juice & Milk

Long John Donut or Assorted Cereal w/ Toast & Jelly **28**  
Fruit  
Juice & Milk

