



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

Cereal & Milk
Breakfast Bar
Assorted Fruit
Chilled Juice

1

Hot Breakfast Sandwich
Assorted Cereals
Bagel & Cream Cheese
Chilled Juice
Milk

2

Assorted Cereals
Maple Glazed French Toast
Fresh Fruit
Chilled Juice
Milk

3

Assorted Cereals
Whole Grain
Blueberry Muffin
Fresh Fruit
Chilled Juice
Milk

4

Assorted Cereals
Sweet Potato Cinnamon Roll
Fresh Fruit
Chilled Juice
Milk

5

Assorted Cereals
Whole Grain
Chocolate Chip Muffin
Fresh Fruit
Chilled Juice
Milk

8

Hot Breakfast Sandwich
Cereal & Milk
Breakfast Bar
Assorted Fruit
Chilled Juice

9

Assorted Cereals
Sweet Potato Cinnamon Roll
Fresh Fruit
Chilled Juice
Milk

10

Assorted Cereals
Bagel & Cream Cheese
Chilled Juice
Milk

11

Assorted Cereals
Maple Glazed French Toast
Fresh Fruit
Chilled Juice
Milk

12

Assorted Cereals
Whole Grain
Blueberry Muffin
Fresh Fruit
Chilled Juice
Milk

15

Hot Breakfast Sandwich
Assorted Cereals
Maple Glazed French Toast
Fresh Fruit
Chilled Juice
Milk

16

Cereal & Milk
Breakfast Bar
Assorted Fruit
Chilled Juice

17

Assorted Cereals
Sweet Potato Cinnamon Roll
Fresh Fruit
Chilled Juice
Milk

18

Assorted Cereals
Bagel & Cream Cheese
Chilled Juice
Milk

19

Assorted Cereals
Whole Grain
Chocolate Chip Muffin
Fresh Fruit
Chilled Juice
Milk

22

Hot Breakfast Sandwich
Cereal & Milk
Breakfast Bar
Assorted Fruit
Chilled Juice

23

Assorted Cereals
Egg & Cheese Omelet
Fresh Fruit
Chilled Juice

24

Assorted Cereals
Bagel & Cream Cheese
Chilled Juice
Milk

25

Assorted Cereals
Sweet Potato Cinnamon Roll
Fresh Fruit
Chilled Juice
Milk

26

No School

29

Hot Breakfast Sandwich
Assorted Cereals
Bagel & Cream Cheese
Chilled Juice
Milk

30

Assorted Cereals
Egg & Cheese Omelet
Fresh Fruit
Chilled Juice

31

