



Breakfast is free for all students!
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

4) WG Doughnut with String Cheese or Cereal
Fruit and Juice, Milk

5) Pancake/ Turkey Sausage on a Stick or Oatmeal or Cereal, Fruit and Juice, Low fat milk

6) Cherry or Apple Frudel or Cereal, Fruit and Juice, Low Fat Milk

7) Egg and Turkey Sausage Sand. or Cereal
Fruit and Juice, Low fat milk

1) School Made Muffin or Cereal, Yogurt
Fruit and Juice, Milk

8) School Made Muffin or Cereal, Yogurt
Fruit and Juice, Milk

11) WG Doughnut with String Cheese or Cereal
Fruit and Juice, Milk

12) Pancake/ Turkey Sausage on a Stick or Oatmeal or Cereal, Fruit and Juice, Low fat milk

13) Cherry or Apple Frudel or Cereal, Fruit and Juice, Low Fat Milk

14) Egg and Turkey Sausage Sand. or Cereal
Fruit and Juice, Low fat milk

15) School Made Muffin or Cereal, Yogurt
Fruit and Juice, Milk

18) WG Doughnut with String Cheese or Cereal
Fruit and Juice, Milk

19) Pancake/ Turkey Sausage on a Stick or Oatmeal or Cereal, Fruit and Juice, Low fat milk

20) Cherry or Apple Frudel or Cereal, Fruit and Juice, Low Fat Milk

21) Egg and Turkey Sausage Sand. or Cereal
Fruit and Juice, Low fat milk

22) School Made Muffin or Cereal, Yogurt
Fruit and Juice, Milk

25) WG Doughnut with String Cheese or Cereal
Fruit and Juice, Milk

26) Pancake/ Turkey Sausage on a Stick or Oatmeal or Cereal, Fruit and Juice, Low fat milk

27) Cherry or Apple Frudel or Cereal, Fruit and Juice, Low Fat Milk

28) Egg and Turkey Sausage Sand. or Cereal
Fruit and Juice, Low fat milk

29) No School
Teacher Inservice