



All Grains are Whole Grain Rich
Cereal, breakfast bars, yogurt, cheese sticks, fresh fruit, juice, and a variety of low fat and fat free milk served daily.
Menus are subject to change



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

8

9

10

13

14

Yogurt Parfait

15

Breakfast Taco

16

Donut

17

French Toast Sticks

20

Cheesy Omelet
Toast

21

Breakfast Sandwich

22

Mini Pancake Bites

23

Donut

24

Mini Pancakes

27

Breakfast Parfait

28

Breakfast Burrito

29

Cheesy Omelet
Toast

30

Donut

