



**Choice of 1% or skim milk
Offered daily!!!
Menu 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

Cereal bowl
orange smiles
milk

1

Breakfast pizza
pineapple tidbits
milk

2

Yogurt and granola
strawberry cup
apple juice
milk

3

Pancake on a stick
syrup
applesauce
milk

4

Cereal bowl
orange smiles
milk

5

Cereal bowl
orange smiles
milk

8

Sausage and cheese on
English muffin
grape juice, grapes
milk

9

Bagel, cream cheese
diced pears
milk

10

French toast sticks
syrup
peach cup, apple juice
milk

11

**NO SCHOOL
TEACHER IN SERVICE**

12

Cereal bowl
orange smiles
milk

15

Peanut butter and jelly
uncrustable grape juice
diced pears
milk

16

Breakfast pizza
pineapple tidbits
milk

17

Yogurt and granola
strawberry cup
apple juice
milk

18

Cereal bowl
orange smiles
milk

19

Cereal bowl
orange smiles
milk

22

Pancake on a stick
syrup
applesauce
milk

23

Sausage and cheese on
English muffin
grape juice, grapes
milk

24

Bagel, cream cheese
diced pears
milk

25

Cereal bowl
orange smiles
milk

26

29

30

31

