



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



1

4

Cereal
Orange juice
Orange smiles
Milk

5

Breakfast pizza
Pineapple tidbits
Apple juice
Milk

6

French toast sticks
Grape juice, strawberry cup
Syrup
Milk

7

Cereal
Orange juice
Orange smiles
Milk

8

11

Cereal
Orange juice
Orange smiles
Milk

12

Bagel
Cream cheese
Apple
Apple juice
Milk

13

Yogurt and granola
Diced peaches
Milk

14

Sausage and cheese on
English muffin
Diced pears
Milk

15

Cereal
Orange juice
Orange smiles
Milk

18

Cereal
Orange juice
Orange smiles
Milk

19

Pancake on a stick
Syrup
Grape juice
Grapes
Milk

20

Peanut butter and jelly
Uncrustable
Diced pears
Milk

21

Breakfast pizza
Pineapple tidbits
milk

22

Cereal
Orange juice
Orange smiles
Milk

25

Cereal
Orange juice
Orange smiles
Milk

26

French toast stick
Syrup, apple juice
Peach cup
Milk

27

Yogurt and granola
Strawberries
Apple juice
Milk

28

Sausage and cheese on
English muffin
Diced pears
Milk

29

Cereal
Orange juice
Orange smiles
Milk