



**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 juice
orange smiles
milk

2

French toast sticks
syrup grape juice
strawberries
milk

3

Breakfast pizza
pineapple tidbits
apple juice
milk

4

Yogurt and granola
strawberries
milk

5

Cereal bowl
orange juice
orange smiles
milk

6

Cereal bowl
orange juice
orange smiles
milk

9

Bagel
cream cheese
apple , apple juice
milk

10

Sausage and cheese
on English muffin
diced pears
milk

11

Peanut butter and jelly
sandwich
strawberries
milk

12

Cereal bowl
orange juice
orange smiles
milk

13

Cereal bowl
orange juice
orange smiles
milk

16

Pancake on a stick
syrup
grape juice
diced peaches
milk

17

Breakfast pizza
pineapple tidbits
apple juice
milk

18

Yogurt and granola
strawberries
milk

19

NO

20

SCHOOL

Cereal bowl
orange juice
orange smiles
milk

23

French toast sticks
syrup grape juice
diced pears
milk

24

Bagel
cream cheese. Apple
Apple juice
milk

25

Peanut butter and jelly
sandwich
strawberries
milk

26

Cereal bowl
orange smiles
orange juice
milk

27

Cereal bowl
orange juice
orange smiles
milk

30

Sausage and cheese
on English muffin
diced peaches
milk

31

