



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

WINTER

1

WINTER

2

WINTER

3

WINTER

4

WINTER

5

BREAK

BREAK

BREAK

BREAK

BREAK

Cereal
orange smiles
orange juice
milk

8

French toast sticks
syrup, grape juice
applesauce
milk

9

Sausage and cheese on
English muffin
Diced pears apple juice
milk

10

Yogurt and granola
strawberries
grape juice
milk

11

Cereal
orange smiles
orange juice
milk

12

NO School
Martin Luther King JR.
Day

15

Pancake on a stick
syrup, grape juice
applesauce
milk

16

Breakfast pizza
pineapple tidbits
apple juice
milk

17

Bagel with cream cheese
diced peaches grape juice
milk

18

Cereal
orange smiles
orange juice
milk

19

Cereal
orange smiles
orange juice
milk

22

bagel with cream cheese
grape juice
diced peaches
milk

23

Peanut butter and jelly
uncrustable grape juice
strawberries
milk

24

French toast sticks
syrup, grape juice
applesauce
milk

25

NO
SCHOOL

26

Cereal
orange smiles
orange juice
milk

29

Sausage and cheese on
English muffin
Diced pears apple juice
milk

30

Yogurt and granola
strawberries
grape juice
milk

31

