



**Choice of % 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
orange juice
milk

7

Yogurt and Granola
diced peaches
apple juice
milk

8

Breakfast pizza
pineapple tidbits
apple juice
milk

9

Pancake on a stick
syrup
grape juice, strawberries
milk

10

Cereal Bowl
orange smiles
orange juice
milk

11

Cereal Bowl
orange smiles
orange juice
milk

14

Bagel
Cream cheese
diced peaches, grape juice
milk

15

French toast sticks
syrup
diced pears, apple juice
milk

16

Sausage and cheese
on English muffin
grape juice strawberries
milk

17

Cereal Bowl
orange smiles
orange juice
milk

18

Cereal Bowl
orange smiles
orange juice
milk

21

Peanut butter and jelly
uncrustable
apple, apple juice
milk

22

Yogurt and granola
diced peaches
grape juice
milk

23

Breakfast pizza
pineapple tidbits
apple juice
milk

24

Cereal Bowl
orange smiles
orange juice
milk

25

Cereal Bowl
orange smiles
orange juice
milk

28

French toast sticks
syrup
diced pears, grape juice
milk

29

Sausage and cheese
on English muffin
apple juice, strawberries
milk

30

Bagel
Cream cheese
diced peaches, grape juice
milk

31

