



School Information: Type your school information here.



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

BUTTERMILK BISCUIT
W / HONEY OR JELLY
FRUIT
1 % OR LF CHOC MILK

4

ASSORTED MUFFINS
FRUIT
1% OR LF CHOC MILK

5

ASSORTED DONUTS
FRUIT
1% OR LF CHOC MILK

6

SCRAMBLED EGGS
WW TOAST
FRUIT
1% OR LF CHCO MILK

7

ASSORTED CEREAL
FRUIT
1% OR LF CHOC MILK

8

FRENCH TOAST STICKS
SAUSAGE PATTY
FRUIT
1% OR LF CHOC MILK

11

ASSORTED BREAKFAST B
FRUIT
1% OR LF CHOC MILK

12

BAGEL W CREAM
CHEESE OR JELLY
FRUIT
1% OR LF CHOC MILK

13

BUTTERMILK BISCUIT
W / HONEY OR JELLY
FRUIT
1 % OR LF CHOC MILK

14

ASSORTED CEREAL
FRUIT
1% OR LF CHOC MILK

15

NO SCHOOL
PRESIDENTS

18

NO SCHOOL

19

WINTER

20

RECESS

21

NO SCHOOL

22

ASSORTED MUFFINS
FRUIT
1% OR LF CHOC MILK

25

BAGEL W CREAM
CHEESE OR JELLY
FRUIT
1% OR LF CHOC MILK

26

BUTTERMILK BISCUIT
W / HONEY OR JELLY
FRUIT
1 % OR LF CHOC MILK

27

