



BREAKFAST IS SERVED FROM 7:25 – 7:55



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

7

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

8

ASSORTED MUFFINS
FRUIT
1% OR LF CHOC MILK

9

BAGEL W / CREAM
CHEESE OR JELLY
FRUIT
1% OR LFCHOC MILK

10

ASSORTED CEREAL
FRUIT
1% OR LF CHOC MILK

11

BAGEL W / CREAM
CHHESE OR JELLY
FRUIT
1% OR LF CHOC MILK

14

ASSORTED DONUTS
FRUIT
1% OR LF CHOC MILK

15

ASSORTED MUFFINS
FRUIT
1% OR LF CHOC MILK

16

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

17

ASSORTED CEREAL
FRUIT
1% OR LF CHOC MILK

18

NO SCHOOL
MARTIN LUTHER KING DAY

21

BAGEL W / CREAM
CHHESE OR JELLY
FRUIT
1% OR LF CHOC MILK

22

ASSORTED MUFFIN
FRUIT
1% OR LF CHOC MILK

23

FRENCH TOAST STICKS
FRUIT
1% OR LF CHOC MILK

24

ASSORTED CEREAL
FRUIT
1% OR LF CHOC MILK

25

ASSORTED MUFFINS
FRUIT
1% OR LF CHOC MILK

28

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

29

ASSORTED DONUTS
FRUIT
1% OR LF CHOC MILK

30

ASSORTED CEREAL
FRUIT
1% OR LF CHOC MILK

31

