



May 2021: Breakfast



NUTRITION TIP: Practice stealth health—sneak veggies into favorite foods. Go light on the meat and top the pizza with vegetables like tomatoes, onions, mushrooms, bell peppers and artichoke hearts

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	03 Breakfast Pizza fruit 1% Milk LF Chocolate Milk LF Chocolate Milk	04 Pancakes W/Syrup Fruit 1% Milk	05 Bagel Sandwich Fruit 1% Milk LF Chocolate Milk	06 Sausage & Eggs Fruit 1% Milk LF Chocolate Milk	07 waffles W/Syrup Fruit 1% Milk	
	10 Breakfast Pizza fruit 1% Milk LF Chocolate Milk	11 Scrambled eggs and bacon Fruit 1% Milk L F Chocolate Milk	12 Breakfast Sandwich Fruit 1% Milk LF Chocolate Milk	13 Breakfast burrito 1% Milk LF Chocolate Milk	14 Oatmeal w fruit Fruit 1% Milk LF Chocolate Milk	
	17 Breakfast Pizza fruit 1% Milk LF Chocolate Milk	18 French Toast Fruit 1% Milk LF Chocolate Milk	19 Bagel Sandwich Fruit 1% Milk LF Chocolate Milk	20 Sausage & Egg Fruit 1% Milk LF Chocolate Milk	21 Pancakes W/Syrup Fruit 1% Milk	
	24 Breakfast Pizza fruit 1% Milk LF Chocolate Milk	25 Scrambled eggs and bacon Fruit 1% Milk	26 Bagel Sandwich Fruit 1% Milk LF Chocolate Milk	27 Breakfast burrito Fruit 1% Milk LF Chocolate Milk	28 Oatmeal w fruit Fruit 1% Milk LF Chocolate Milk	
	31 Breakfast Pizza fruit 1% Milk LF Chocolate Milk					