



# June 2022: 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
		31 French Toast Fruit 1% Milk LF Chocolate Milk	01 Bagel Sandwich Fruit 1% Milk LF Chocolate Milk	02 fruit & yogurt parfait Fruit 1% Milk LF Chocolate Milk	03 Pancakes W/Syrup Fruit 1% Milk	
	06 Bagel w/ crm chz fruit 1% Milk LF Chocolate Milk	07 Scrambled eggs and bacon w/toast Fruit 1% Milk LF Chocolate Milk	08 Breakfast Sandwich Fruit 1% Milk LF Chocolate Milk	09 fruit & yogurt parfait 1% Milk LF Chocolate Milk	10 Oatmeal w fruit Fruit 1% Milk LF Chocolate Milk	
	13 Bagel w/ crm chz fruit 1% Milk LF Chocolate Milk LF Chocolate Milk	14 French Toast Fruit 1% Milk LF Chocolate Milk	15 Bagel Sandwich Fruit 1% Milk LF Chocolate Milk	16 fruit & yogurt parfait Fruit 1% Milk LF Chocolate Milk	17 Pancakes W/Syrup Fruit 1% Milk	